Toronto metro

WEDNESDAY, JANUARY 27, 2016

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Clara Hughes

Today is Bell Let's Talk Day. For every text, mobile or long distance call made by a subscriber*, and tweet using #BellLetsTalk, Bell will donate 5¢ more to mental health initiatives across the country.

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Help! I'm suddenly racist

It may not be all that sudden
Urban Etiquette
metroVIEWS

Tonight's jackpot
$14,000,000 estimated
plus the guaranteed
$1 million prize
LOTTO 649
welcome to cloud 649

Toronto metro

Your essential daily news | WEDNESDAY, JANUARY 27, 2016 | High 0°C/Low -4°C Cloudy

CUISINE
Travel Africa with your taste buds

metroLIFE

9 IN A ROW

Raptors tie franchise record

metroSPORTS

DeMar DeRozan goes up for a basket at the ACC on Tuesday. THE CANADIAN PRESS

More help called in for T.O.'s refugees

SETTLEMENT SERVICES

New arrivals from Syria are still living in packed hotels

Jessica Smith Cross
Metro | Toronto

Syrian refugees waiting for housing in Toronto are about to get extra help from an Etobicoke-based settlement organization with a large Arabic-speaking staff.

The offer came after a Syrian refugee family talked to Premier Kathleen Wynne last week about their extended stay in a hotel, said Huda Bukhari, executive director at the Arab Community Centre of Toronto.

"The premier then asked what we can do to help," Bukhari said.

The centre is among more than 100 in Toronto that offers settlement services to refugees. But a different group — COSTI Immigration Services — is the only local organization that's been contracted by the federal government to provide settlement services for government-sponsored Syrian refugees.

As a result, the Arab Community Centre hasn't been able to help the many people stuck in hotels as COSTI works, outside of find permanent housing, to oversee everything from health care to clothing needs — areas some refugees say are going overlooked.

Officials from COSTI have said the city is overwhelmed with Syrians arriving almost daily since early December. Last week, the agency called for a five-day pause on bringing in more refugees. No one has been available for an interview since then.

The federal government also hasn't been able to give details about the number of refugees now living in Toronto hotels, but officials said the delay helping them get established is not unusual.

Immigration Minister John McCallum said last week that he would consider merging the private and government sponsored refugee streams to help speed up the process — something Wynne has thrown her support behind. Ottawa is still looking into the idea, McCallum said on Tuesday.

The Arab Community Centre is in the process of working out an agreement with COSTI about the forms of help they can offer, Bukhari said.

"That's housing, referrals to schooling, information sessions, referrals to medical doctors should there be a need, interpretation," she said.

The centre's staff, Bukhari noted, speak Arabic — a critical point that could mean timely access to information for refugees.

LANDING IN CITY

- **32** government flights carrying **7,812** Syrian refugees have landed in Toronto since Nov. 4
- **1,240** of those refugees will be settled in Toronto, the rest are settling in other communities.

FIVE
SPIES
ONE
MISSION
X COMPANY
PREMIERES
TONIGHT 9

metro NEWS
Your essential daily news
Still three minutes to midnight: Doomsday clock doesn't budge.

NOMINATED

Dawn Addison
Morning Star Middle School, Mississauga
Gender-specific core classes have yielded measurable gains.

Rocchina Antunes
St. Jean de Brebeuf Catholic High School, Woodbridge
Introduced changes in the core special education area.

Sarah Frost
Cliffwood Public School, Toronto
Employed a multitude of innovative initiatives to engage students ranging from rap to eco programs.

Alison Gaymes San Vicente
Lanor Junior Middle School, Toronto
Pioneered TDSB's Young Women on the Move project for girls in Grades 3-12.

Arlene Knights-Svarich
Elizabeth Simcoe Junior Public School, Toronto
Spearheaded anti-bullying initiatives and promoted primary and junior community circles.

Duncan LeBlanc
Maplewood High School, Toronto
Championed meaningful integration opportunities for students with special needs.

Michelle Newlands
King's Road Public School, Burlington
Championed the exploration of relevant social justice issues.

Manuela Sequeira
St. Clare Catholic Elementary School, Toronto
Gathered student data, created data walls and student progress was tracked and analyzed.

Cathy Standring
Ray Lawson Public School, Brampton
All school members have opportunities to be involved in varying levels of leadership.

David Yaciuk
Agnes Taylor Public School, Brampton
Champions greater integration of technology and digital literacy.

Michelle Newlands

Arlene Knights-Svarich

Sarah Frost

Dawn Addison

Alison Gaymes San Vicente

Duncan LeBlanc

Rocchina Antunes

David Yaciuk

Manuela Sequeira

Cathy Standring

These 10 GTA principals get A+ for being amazing

EDUCATION

School heads nominated as country's best

When Lori Beesley met Duncan LeBlanc, she knew he "wasn't just another educator."

Because he is the father of a son with special needs — and knows first-hand the experiences of the parents at Maplewood High School in Scarborough — he was able to relate to families at the Scarborough school instantly, she said.

"Maplewood is very unique, everybody is identified … the population here is all students with special needs, and needs with varying degrees from a learning disability right through to a significant developmental disability," said Beesley, whose son is autistic and also has an intellectual disability. (He graduated from the school last June and is now taking part in a day program at Variety Village and volunteering at the Y.)

In her role as chair of Maplewood's parent committee, Beesley said, "I asked to meet with Duncan before he got the job and I had a whole series of questions for him … He spoke from his heart and I really felt like 'here's somebody who is going to come in and we don't have to explain about our kids.' I was confident."

> **He knew what it meant to be an advocate because he was one for his child.**
> Parent Lori Beesley on principal Duncan LeBlanc

Beesley was one of a group who nominated LeBlanc to be recognized as one of Canada's Outstanding Principals by the Learning Partnership, a charity that promotes public education, and he was among 40 across the country — and 10 in Greater Toronto — to be given the accolade.

Maplewood doesn't offer any credits for its 180 students, but works on teaching life skills, and, for some, preparing them for employment through things like co-op programs. And, thanks to LeBlanc, a competitive athletics program.

LeBlanc's son, who is autistic, is a speed skater who has competed in the Special Olympics, with LeBlanc the team's coach. That connection to the Special Olympics prompted LeBlanc to arrange athletic competitions at Maplewood and give his students a chance to qualify and compete provincially.

He also helped launch a Special Olympics curriculum and resources now available to the wider Toronto District School Board, which not only emphasizes athletics but also healthy living.

"Some students have competed at provincial games for the school and they've come back and it's been a truly positive experience for all the students and staff," LeBlanc said. "We now have banners in the school — championship banners — and our students have never had access to that. I see it in the pride in the students."

TORSTAR NEWS SERVICE

Maplewood High School principal Duncan LeBlanc arm-wrestles Vivian Ezeala during a fair held in the school gym. CHRIS SO/TORSTAR NEWS SERVICE

Older pedestrians at risk

SAFETY

Third death this year highlights the perils

Luke Simcoe
Metro | Toronto

An 85-year-old woman has become the latest victim of Toronto's streets, in a crash experts say highlights the perils faced by elderly pedestrians.

The woman was crossing Bayview Avenue at Eglinton Avenue East on Jan. 15 when she was hit by a driver making a right-hand turn, police said Tuesday.

She was taken to hospital and died five days later. Police have not released her name or said if she was in the crosswalk when she was hit.

It marks the city's third reported pedestrian death this year, and the second elderly victim. A 79-year-old man was killed crossing Sheppard Avenue on Jan. 17.

Bayview Avenue, north of Eglinton Avenue. An 85-year-old woman crossing Bayview was hit by a driver making a right-hand turn. TORSTAR NEWS SERVICE FILE

The latest data from the City of Toronto shows people older than 55 account for more than half of pedestrian fatalities.

"And it's not because they were talking on the phone or listening to music too loud," said Gil Penalosa, a pedestrian advocate and chairman of 8-80 Cities. "It's because those intersections are unsafe."

The city has taken steps to make roads safer for seniors, including re-timing 85 per cent of its 2,300 traffic signals last year. But, Penalosa said more needs to be done.

"We can't build a city expecting everyone to be 30 years old and athletic," he said.

In the lead-up to its new road safety plan, the city is also looking at ways to prevent turning vehicles from hitting pedestrians. Coun. Jaye Robinson has suggested turn restrictions could be implemented at problem intersections.

> "If that crosswalk isn't safe for an 80-year-old, it's not safe, period ... We can't build a city expecting everyone to be 30 years old and athletic."
> Gil Penalosa

Another solution, Penalosa said, is to add pedestrian lead times to intersections, where crosswalk lights turn on ahead of green lights for cars.

"The pedestrian on the sidewalk can be hard to see, but if the pedestrian light turns on before the car, they're halfway through the intersection by the time the car starts turning and very visible," he said.

Only nine intersections in Toronto have pedestrian lead times, the city has said.

OTTAWA

Hogtown 'lawyers' sought

Joe Lofaro
Metro | Ottawa

Ottawa police are looking for two male suspects, who said they were lawyers from Toronto, after a woman was beaten up and thrown through a window during a night out.

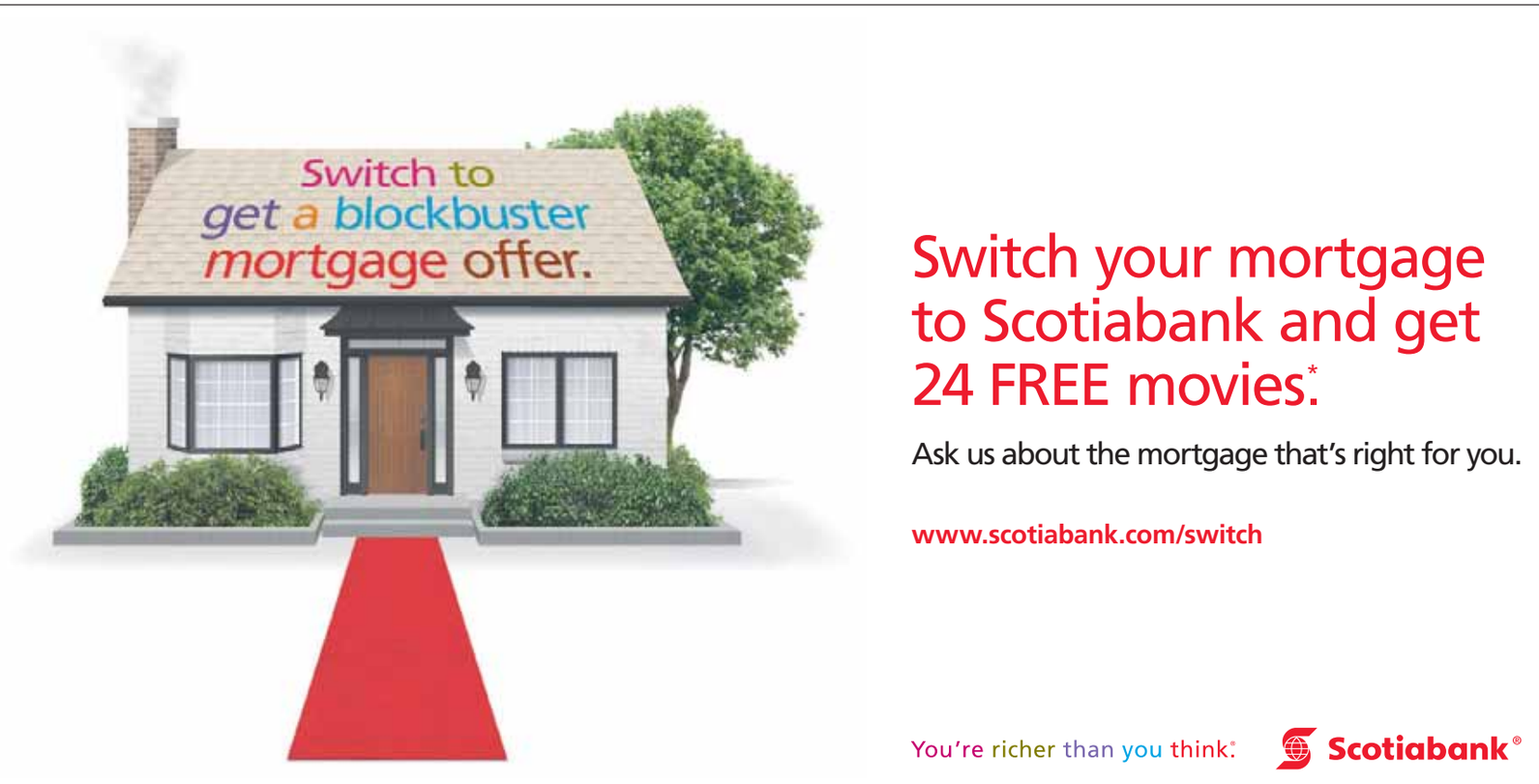
Police say the incident started on the evening of Oct. 17, 2015 at a bar in the 100 block of Clarence Street in Ottawa's ByWard Market.

Two men struck up a conversation with a woman at the bar.

When she left the bar with another woman and walked to a nearby parking garage, the two men followed them, according to police.

When the women were paying for parking, the two men "viciously grabbed one of the women from behind and threw her through a glass window, shattering it," police said in a news release.

The suspects are described as men of Asian descent between the ages of 25 and 35.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XL 4X2 2.7L, F-150 SuperCrew 4X4, F-250 Gas Engine models for up to 72 months; or 2015 Focus (excluding BEV) and 2016 Fusion models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit Canada Limited. ¥Offer valid between January 5, 2016 and February 1, 2016 (the "Offer Period") to Canadian residents. Receive $500 towards the purchase or lease of a new 2015 or 2016 Ford Fusion, or $750 towards the purchase or lease of a new 2015 or 2016 Ford Mustang (excluding 50th Anniversary Edition and Shelby), Taurus, Edge, Flex, Explorer, Escape, Expedition, Transit Connect, E-Series Cutaway, Transit, F-150, F-250 to F-550 (all F-150 Raptor models excluded) (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not rainchecksable. *Until February 1, 2016, lease a new 2016 Ford Escape SE / Escape Titanium for up to 60 months, and get 0.99% LAPR on approved credit (OAC) from FordCredit. Not all buyers will qualify for the lowest APR payment. Lease a 2016 Ford Escape / Escape Titanium with a value of $27,089/$35,439 after $1,195/$0 down payment or equivalent trade in at 0.99% LAPR for up to 60 months with an optional buyout of $9,919/$13,208, monthly payment is $262/$391 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $130/$180), total lease obligation is $16,115/$23,460, interest cost of leasing is $863/$1,200 or 0.99% LAPR. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000 km for 60 months (16,000 km per year) applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change, see your local dealer for details. †Until February 1, 2016, receive 0% APR purchase financing on new 2015 Focus SE / Focus Titanium / Fusion SE FWD / Fusion Titanium models for up to 84 months, to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. 2015 Focus SE / Focus Titanium / 2016 Fusion SE FWD/ 2016 Fusion Titanium / 2016 Fusion SE FWD / 2016 Fusion Titanium for $21,362/$27,164/$25,999/$34,999 (with $0 down payment) purchase financed at 0% APR for 84 months, monthly payment is $255/$324/$396/$402 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of $118/$150/$137/$186), interest cost of borrowing is $0 or APR of 0% and total to be repaid is $21,362/$27,164/$25,999/$34,999. Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight and air tax ($1,695 for Focus and $1,790 for Fusion) and PPSA charges but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. *Purchase a new 2015 Focus SE / 2015 Focus Titanium / 2016 Fusion SE FWD / 2016 Fusion Titanium for $23,364/$27,164/$25,999/$34,999 (after Manufacturer Rebates of $750 deducted). Taxes payable on full amount of purchase price after Manufacturer Rebates have been deducted. Offers include freight and air tax charges but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ††Based on 2015 Focus (excluding BEV) and 2016 Fusion models for up to 72 months, on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72/84 months; monthly payment is $520.84/$416.67/$347.22/$297.62; cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on Manufacturer Rebates have been deducted. Offers include freight and air tax charges but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^Based on HIS Automotive; Polk Canadian Total New Registration data, based on year-end 2009, 2010, 2011, 2012, 2013, 2014, and 2015. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.

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YMCA cracks open memories of 1952

HERITAGE

Time capsule gives glimpse of Toronto life 63 years ago

Gilbert Ngabo
Metro | Toronto

The cornerstone and its time-weathered capsule. LIZ BEDDALL/METRO

What would Torontonians of the 1950s tell those of 2016 about the "good old days?"

Apparently, something about the economy. And Christianity. And what was making news.

A little bit of each was uncovered Tuesday when officials from the YMCA of Greater Toronto eagerly cracked open a time capsule found inside a cornerstone of their building on Kingston Road.

Discovered as crews demolished the old building to make way for a new facility, the capsule was sealed on Sept. 27, 1952.

The date was preserved on a copy of the Toronto Daily Star (which cost just five cents each), which blared front page headlines about everything from World War II to cheerleaders to a pedestrian death on city streets.

Discovering the newspaper, and other items inside, was "like having a handshake" with people who placed them there many years ago, said Alex Versluis, the YMCA's vice-president of property management.

"It's a direct contact from 1952. It gives you goosebumps," he said.

The items will be placed in a safe place for preservation, and the YMCA will place a new time capsule in the same cornerstone, Versluis said.

The new centre, currently under construction and three times bigger than the previous one, is projected to serve more than 5,000 members starting in 2018.

Any ideas on what could go in the new capsule?

"I think we should put a newspaper in for now because I don't know if the next generation will read newspapers," Versluis said.

Construction of the new YMCA on Kingston Road was made possible, in part, by a $500,000 donation from the family of philanthropist Eric Tripp. The new facility will include a swimming pool and expanded fitness programming.

WHAT WAS INSIDE DUG OUT OF THE CORNERSTONE

Bible, newspaper, program — A Bible, but the words inside have faded with time.
— A 1951 Canadian dollar.
— A Toronto Daily Star issue from September 27, 1952, the front page of which featured a pair of cheerleaders ready for the opening game of the intercollegiate football season.

— A program from the ceremony in which the cornerstone was laid for the Toronto East Community Branch building in 1952.
GILBERT NGABO/METRO

Former YMCA archivist Ian Fleming. PHOTOS: LIZ BEDDALL/METRO

ONTARIO

Pension plan aids young: Wynne

Premier Kathleen Wynne dusted off her pension sales pitch Tuesday, saying people entering the workforce will be the biggest beneficiaries in an era with fewer and fewer company retirement plans.

"The working world has changed," the premier said at an east-end coffee shop as her government released more details — these included survivor benefits and a clearer definition of which employees qualify — on the Ontario Retirement Pension Plan.

While slightly more than half of workers aged 45 to 54 now have workplace pensions, the percentage drops to 25 per cent for those aged 25 to 34, Wynne told reporters.

"It's quite clear there's a generational divide."

The Ontario Chamber of Commerce said the new definition of employees to be included in the ORPP has been expanded to include federally regulated companies, a long list that includes banks, broadcasters, telecommunications firms and federal Crown corporations.

That definition applies to any person working who works full-time or part-time in Ontario and does not have a comparable company pension plan.

"This definition captures a greater number of businesses than many anticipated, including federally regulated businesses," the chamber said in a statement that warned of "tight timelines" for employers to get ready for the plan taking effect next Jan. 1.

Many of the federally regulated companies already have their own pension plans for employees, so it's unclear how many more workers will be affected. TORSTAR NEWS SERVICE

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Offer(s) available on select new 2015/2016 models through participating dealers to qualified retail customers who take delivery from January 5 to February 1, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments include delivery and destination fees up to $1,725, $5 OMVIC fee, $29 tire fee, and $100 A/C charge (where applicable). Excludes other taxes, licensing, PPSA, registration, insurance, variable dealer administration fees, fuel-fill charges up to $100, and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. ◊0% financing for up to 60 months plus up to $4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Certain conditions apply. See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Optima LX AT (OP742F) with a selling price of $26,474 is based on monthly payments of $375 for 60 months at 0% with a $0 down payment and first monthly payment due at finance inception. Offer also includes $4,000 discount (loan credit). Other taxes, registration, insurance and licensing fees are excluded. **$500 Competitive Bonus offer available on the retail purchase/lease of any new 2016 Sportage and 2016 Sorento from participating dealers between January 5 and February 1, 2016 upon proof of current ownership/lease of a select competitive vehicle. Competitive models include specific VW, Toyota, Nissan, Mazda, Mitsubishi, Hyundai, Honda, GM, Ford, Jeep, Pontiac, Suzuki, Saturn, Chrysler, Chevrolet, Subaru, BMW, Mercedes-Benz, Lexus, Land Rover, Infiniti, Acura, Audi, Lincoln, Volvo and Buick vehicles. Some conditions apply. See your dealer or kia.ca for complete details. †"Don't Pay For 90 Days" on all models (90-day payment deferral) applies to purchase financing offers on all new 2015/2016 models on approved credit. No interest will accrue during the first 60 days of the finance contract. After this period, interest starts to accrue and the purchaser will repay the principal interest monthly over the term of the contract. Offer ends February 1, 2016. ≠**Representative Leasing Example:** Lease offer available on approved credit (OAC), on the 2016 Sportage LX MT FWD (SP551G)/2016 Sorento LX 2.4L FWD (SR75AG) with a selling price of $24,854/$29,354 (includes $500 lease credit discount) is based on a total number of 130 bi-weekly payments of $106/$135 for 60 months at 1.9%, with $0 security deposit, $1,950 down payment and first monthly payment due at lease inception. Total lease obligation $13,772/$17,566 with the option to purchase at the end of the term for $10,176/$11,142. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). ‡Model shown Manufacturer Suggested Retail Price for 2016 Sorento SX Turbo AWD (SR75IG)/2015 Optima SX AT Turbo (OP748F)/2016 Sportage SX Luxury (SP759G) is $42,095/$34,895/$38,495. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. The 2015 Optima was awarded the 2015 Top Safety Pick by the Insurance Institute for Highway Safety (IIHS) for model year 2015. U.S. models tested. Visit www.iihs.org for full details. The Sorento received the lowest number of problems per 100 vehicles among midsize SUVs in the proprietary J.D. Power 2015 U.S. Initial Quality Study℠. Study based on responses from 84,367 U.S. new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of U.S. owners surveyed from February to May 2015. Your experiences may vary. Visit jdpower.com. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

EDUCATION

New TDSB trustee voted in by landslide

Neethan Shan CONTRIBUTED

Neethan Shan is the Toronto District School Board's newest trustee, elected by a landslide Monday night in Scarborough-Rouge River.

Insiders had named the union-backed Shan, as well as Sharon Kerr, Jack Wang and Kwesi Johnson as the front-runners in a crowded field — there were 20 in total on the ballot for the Ward 21 (Scarborough-Rouge River) byelection. In the end, Shan took 54 per cent (4,197) of the 7,826 votes cast, with Wang next with 1,258.

"I am overwhelmed and happy and humbled by all the support," Shan told Torstar News Service by phone. He thanked the hundreds of volunteers who helped him during his campaign and said he will, over the next couple of days, "reach out to the trustees and chair and get to work."

The byelection, at a cost of $250,000, was held to replace Shaun Chen, the former board chair who was elected MP last fall for the federal Liberals.

During the byelection campaign, candidates took part in just one debate and otherwise relied on door-knocking and their websites to get their platforms out.

One area resident, Donna LaRush, told Torstar she'd like to see better communication with parents and was hoping "for a fresh, new start."

Shan had the backing of teacher unions and Toronto labour council, and has strong ties to the NDP. TORSTAR NEWS SERVICE

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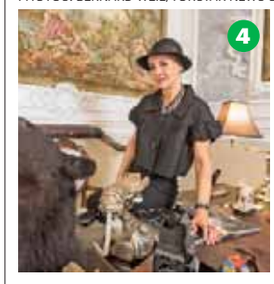
PHOTOS: BERNARD WEIL/TORSTAR NEWS SERVICE



1 A painting by a local artist in a sitting room.

2 "Darling Mansion" is a west-end curiosity, an opulent house that can be rented out for events.

3 One of the main living areas.

4 Tanya Grossi sits in an office at home.

Darling renovation

WEST END

Entrepreneur creates multi-use space of old mansion

If you've ever had brunch at Luna or mojitos at Julie's Cuban on Dovercourt Road, chances are you've spotted the out-of-place mansion on the corner that meets Mackenzie Crescent. One of the largest homes in the area, it's a storybook tangle of ivy-covered red brick, sculptured balconies and ornate gardens. And until recently, it was starting to look decrepit.

The neglected property was originally listed in 2013 at an outrageous $3.3 million, where it sat on the market for months and was relisted several times. Finally, in November 2014, Tanya Grossi, a then 40-year-old bar owner and entrepreneur, purchased the place for $1.85 million with two investors.

Her ambitious vision to transform the magnificent 6,000-square-foot estate into her primary residence, a creative event space, and a bed and breakfast took just four months to realize.

"It's been a labour of love," says Grossi, who ran the recently closed Parkdale bar Salvador Darling. "I was enamoured with this property 20 years ago when I lived up the street and to live here now and be the 'madam' of this place is surreal."

Since opening last April, the Darling Mansion, as it's now known, has been growing busier with private bookings and overnight guests, mainly through word of mouth and social media.

Several artists live in residence on the third floor, including photographer Mark Maryanovich, who was recently hired by the Governor General of Canada to photograph musicians for Canada's sesquicentennial in 2017.

Bedrooms are decorated with Grossi's collection of unusual antiques and art. Rooms start at $99 per night or $2,000 for the first two floors. TORSTAR NEWS SERVICE

Domino-sized diagnosis

MEDICINE

Paper detects DNA sequences for wide range of diseases

DNA test strip samples are shown at McMaster University on Monday.
PETER POWER/FOR TORSTAR NEWS SERVICE

A strip of paper can now sense the presence of virtually any illness — from cancer to the common cold — cheaply and in as few as 30 minutes.

A team of researchers at McMaster University has developed a new test that would tell patients in the span of a House episode if they're suffering from a virus or bacterial infection, or possibly a malignant tumour, all based on a drop of sweat or saliva and a small piece of dried pulp.

The test features a dose of reactive material printed on a strip of paper that changes colour to indicate the presence of the DNA sequence for a specific disease.

"Every disease and every infectious agent has genetic material, so in theory this can be used for the detection of any pathogen for any human disease," said Yingfu Li, a biochemistry professor at McMaster and the Canada research chair in nucleic acids.

So far, the test has detected genetic sequences for breast cancer cells and Hepatitis C but could be applied to any disease for which humans have unlocked the genetic code. That includes afflictions from the flu to neurodegenerative diseases to colorectal, prostate and lung cancers.

Getting this "lab-on-a-strip" to store shelves and factory floors is the next step — one that's not far away, researchers say.

McMaster's Biointerfaces Institute, which hosts the ongoing study, has been in touch with at least 10 private-sector companies and public agencies, Li said.

The initial target is first-line health professionals in hospitals and doctors' offices, said co-lead scientist and institute director John Brennan.

"For now, these aren't meant to be the definitive yes-no; these are meant to be the screen that alerts physicians as to the next course of action," he said.

For breast cancer, that course could mean more complex, definitive RNA testing, biopsies or mammograms — a battery of tests Brennan wants to pre-empt where possible to reduce public cost and patient inconvenience. Improving the paper is essential to preventing "false positives," detection of subset tumours that may never become harmful and unnecessary screening.

He finds the potential benefits in the developing world encouraging as well. Water contamination and disease outbreak might be nipped in the cell bud much earlier with quick, cheap paper tests in clinics or drug stores, he said.

Tracking down toxins such as lead, manganese, uranium and mercury is another possible path, Li said.

Clinical testing and a Health Canada thumbs-up await, Brennan hopes. TORSTAR NEWS SERVICE

SEX CRIMES

Pan Am athlete's charge dropped

Prosecutors have dropped a sexual-assault charge against a soccer player who competed for the Brazilian team in last summer's Pan Am Games in Toronto, but his lawyer says the athlete's reputation has already taken a hit.

The charge against Lucas Domingues Piazon, 21, was dismissed Tuesday because there was no reasonable prospect of conviction, defence lawyer Brian Greenspan said.

He said Toronto police knew the dismissal was inevitable and were wrong to needlessly tarnish the reputation of a star. "It was mean-spirited; it was simply something that ought never to have taken place," he said.

In response, police spokesman Mark Pugash would only say the force would "look into the matter."

Police at the time announced that warrants had been issued for Piazon and teammate Andrey Da Silva Ventura, 22. Police said the charge against Ventura was still outstanding. THE CANADIAN PRESS

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Oxford dictionaries 'sexist': PhD student

Is Oxford Dictionaries perpetuating sexist stereotypes?

That's the question asked by Memorial University of Newfoundland PhD student Michael Oman-Reagan, who has criticized the dictionary's use of what he calls "explicitly sexist" examples.

Michael Oman-Reagan CONTRIBUTED

The word rabid, for example, comes with the usage example "rabid feminist," according to the entry at OxfordDictionaries.com, while grating is explained with the phrase, "her high, grating voice."

Oman-Reagan, an anthropologist, also critiqued the examples used for words that don't need to be gendered, such as housework ("she still does all the housework"), shrill ("the rising shrill of women's voices") and psyche ("I will never really fathom the female psyche.")

"When Oxford editorially selects example sentences reproducing sexist stereotypes, they are making implicit, prescriptive statements about gender and language," he wrote in a recent post at Medium.com. TORSTAR NEWS SERVICE

IN BRIEF

Group seeks policy reform

A group of LGBTQ Conservatives, LGBTory, want the party to change its stance on marriage equality and they're asking interim leader Rona Ambrose for help.

That policy, re-affirmed in 2013, argues parliament, not the courts should define marriage. METRO

Terry Fox's father falls ill

Terry Fox devoted his life to raising money for cancer research and now his father has been diagnosed with the disease. The family announced Tuesday on the Terry Fox Foundation website that 80-year-old Rolland Fox, known as Rolly, was recently diagnosed with lung cancer. THE CANADIAN PRESS

'Today is a good day'

CHILD WELFARE

New hope for the indigenous population in tribunal ruling

The federal government discriminated against children on reserves in its funding of child welfare services, the Canadian Human Rights Tribunal said in a landmark ruling Tuesday.

The quasi-judicial body published its findings nine years after a complaint from the Assembly of First Nations and The First Nations Child and Family Caring Society of Canada, which argued the federal government failed to provide First Nations children with the same level of services that exist elsewhere.

In the decision, which is considered legally binding, the tribunal found First Nations are adversely impacted by the services provided by the government and, in some cases, denied services as a result of the government's involvement.

Assembly of First Nations National Chief Perry Bellegarde looks on as **Cindy Blackstock speaks about discrimination against First Nations children in care**, during a news conference in Ottawa, Tuesday. ADRIAN WYLD/THE CANADIAN PRESS

"The panel acknowledges the suffering of those First Nations children and families who are or have been denied an equitable opportunity to remain together or to be reunited in a timely manner," the ruling said.

Cindy Blackstock, executive director of the The First Nations Child and Family Caring Society of Canada, said the decision marks a great day for First Nations children and for Canadians who believe in justice and fairness.

She is urging the federal government to take immediate action, adding she will be watching to see how Prime Minister Justin Trudeau responds, given his commitment to implement all 94 recommendations from the Truth and Reconciliation Commission.

> **We need to make sure these children get what they need immediately.**
> Cindy Blackstock

The commission, which spent six years documenting the painful residential school legacy, called on all levels of government to reduce the number of aboriginal children taken into care by providing adequate resources for communities and child-welfare organizations.

The Liberal government was not surprised by the ruling, said Wilson-Raybould, noting it is committed to acting on the child welfare issue and to working toward a nation-to-nation relationship with Canada's indigenous peoples.

"This is a good day," she said. THE CANADIAN PRESS

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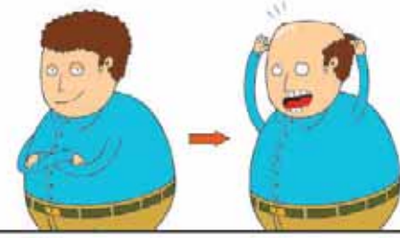

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Rodrigo Fructuoso, 4, cuddles his baby sister Isabela in northeastern Brazil. Isabela was born on Nov. 4, 2015 with microcephaly, a rare neurological condition where babies have small heads and incomplete brain development.
CONTRIBUTED

Thiago Fructuoso, a petroleum engineer living in northeastern Brazil, cradles his daughter, Isabela.
CONTRIBUTED

One Brazil family's haunting diagnosis

DISEASE

Mother's Zika virus followed by microcephaly

Last spring, weeks after moving home to Brazil, Larissa Fructuoso developed a rash, like "red needle points on the skin."

She and her husband Thiago worried — they were three months pregnant — but it passed and the rash was forgotten.

It was months later that they realized a mosquito's bite may have changed their baby's life forever. "(We got) a microcephaly diagnosis," said Thiago, a 31-year-old engineer. "The first reaction of the doctor was to ask us: did we get Zika virus?"

Zika is a virus spread by mosquito and first identified in Uganda in 1947. Since emerging in Brazil last spring, the virus has exploded across the Americas, spreading to at least 22 other countries and territories.

The symptoms tend to be mild and it's estimated just one in four people show signs of infection. There is no vaccine or treatment.

Microcephaly is a condition where babies are born with small heads and incompletely formed brains. It had never been linked to Zika until doctors started noticing a dramatic rise in babies with brain malformations.

When Larissa became sick, the couple's first fear was dengue, a potentially fatal disease also spread by the aegypti. The Zika diagnosis was actually a relief and Larissa recovered after three days.

"My friends living here ... they said 'That's OK. Everybody got Zika here,'" Thiago said. "It's not a big deal."

Later, with the microcephaly diagnosis, Larissa cried for days. The couple had no idea what it would mean for their baby.

Some babies with microcephaly grow up to have normal intelligence and development. Others suffer serious developmental delays, dwarfism or seizures. Dr. Gustavo Malinger, an expert, said babies he saw faced severe mental handicaps with "no chances of intellect."

As Larissa's due date approached, doctors prepped them for the worst. On Nov. 4, 2015, Isabela was born with no major problems. Her head circumference was 31 centimetres — just shy of the 32-centimetre threshold set by Brazil's health ministry in their definition of microcephaly.

4,000
Number of microcephaly cases since late October.

"My wife cried again," Thiago said. "It was real now and it was here."

Some doctors say Isabela's brain shows signs of malformation and will never reach the final stages of development. Others say it's too early to predict.

Isabela is developing normally for a three-month-old. She is crying, laughing and smiling — all good signs. TORSTAR NEWS SERVICE

What's being done to address the diseases

1 **Vaccines**: The U.S. is beginning research into a vaccine for Zika. However, vaccine development typically takes years.

2 **Troops**: Brazil's health minister says the country is sending some 220,000 troops to battle the mosquito blamed for spreading microcephaly — but he also says Brazil is "badly losing the battle against the mosquito."

3 **Flights**: Latin America's largest airline says it's waiving cancellation or flight-change fees for pregnant women who want to cancel flights to countries where Zika is present.

REFUGEE CRISIS

Denmark will keep seizing valuables

Danish lawmakers voted Tuesday to let police seize valuables worth more than $1,500 from asylum-seekers to help cover their housing and food costs while their cases are being processed.

After more than three hours of debate, the minority Liberal Party government's bill was adopted in an 81-27 vote, with the support of the opposition Social Democrats and the anti-immigration Danish People's Party — Denmark's two largest parties. Seventy lawmakers were absent.

Amendments were made, including raising the value of items asylum-seekers can keep from 3,000 kroner ($440) to 10,000 kroner ($1,500). That brings it in line with welfare rules for Danes, who must sell assets worth more than 10,000 kroner before they can receive social benefits.

Denmark received about 20,000 asylum-seekers last year, one of the highest rates per capita in the EU. "We are talking about a real exodus," said Martin Henriksen, immigration spokesman for the populist Danish People's Party. "More needs to be done: we need more border controls. We need tighter immigration rules."

Stephane Dujarric, spokesman for the UN secretary-general, criticized Denmark, saying people who make the effort to reach Europe "should be treated with compassion and respect" and with full rights as refugees.

Two small centrist parties and two left-leaning groups opposed the law and attacked the government for tightening immigration laws.
THE ASSOCIATED PRESS

GERMANY

Germany proposes creating up to 500,000 short-term jobs to help Syrian refugees survive in overburdened Mideast host countries, the minister for economic co-operation said during a visit to Jordan. Germany would initially contribute 200 million euros and would ask other donors to contribute.

IN BRIEF

3 charged for loose lion
Three people have been charged with public endangerment after a lioness escaped from a home in Dubai and prowled the streets for hours. It's illegal to keep endangered or threatened wildlife as pets in the United Arab Emirates, except for the ruling family or anyone with a permit. THE ASSOCIATED PRESS

Shots fired at Navy centre
Military authorities responded Tuesday to a report of gunshots at a building on the campus Naval Medical Center San Diego. THE ASSOCIATED PRESS

Weather in East goes south
After high temperatures last week, residents of Thailand are now dealing with chill. Much of the rest of Asia was also shivering. In Hong Kong, the mercury dipped to its lowest in six decades. Some of southern China got record-breaking low temperatures in many places. In Vietnam's capital, Hanoi, the temperature dropped to 5.4 C, the lowest since 1977. THE ASSOCIATED PRESS

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Varmints still rustling cattle

ALBERTA/SASKATCHEWAN

Stealing on the rebound as livestock prices spike

It's not the Wild West but there are still low-down varmints stealing cattle and reaching into the pockets of ranchers in Alberta and Saskatchewan.

Cattle rustling has been around for ages and police say it is on the rebound in the heart of Canada's cattle industry, driven largely by ranch hands stealing livestock at a time when prices are high.

"It's still a problem today. It's like any other property, if there's value to it people are going to steal it. In recent years the value of cattle has approximately doubled," said RCMP Cpl. Christian Reister, one of Alberta's two livestock officers.

The value of that cow grazing out in the field can range from $1,500 to $2,000 apiece, which makes them particularly attractive to thieves.

Reister, 45, said the number of missing cattle in Alberta rose from 575 in 2014 to 600 in 2015. Saskatchewan's numbers for last year aren't available but there was a sizeable jump from 600 in 2013 to 1,000 in 2014.

"Some of those stats in the increase in Saskatchewan can be attributed to producers paying a little closer attention to their assets and watching their numbers a little closer," said Reister.

The investigations are tough. Looking for a cattle rustler today isn't that much different than it was 50 years ago.

"I think there are a lot of producers who often have a few heads taken and they don't know," Reister said.

"It's some of the most difficult investigations that we do. We look for tire impressions, we look for footwear impressions, we look for gateways that are cut so at this stage in 2016 really our investigations haven't changed any."

Reister said if cattle are stolen police usually don't need to go much further than local cowhands or neighbours. "They're inside jobs primarily — employees — some of them are neighbours. In some cases they just live close to the individuals but in all cases they are people who do have knowledge of handling cattle," he said.

1 Cattle at the Strathmore Stockyards in Strathmore, Alta. 2 RCMP Cpl. Christian Reister, right, and Livestock Identification Services field supervisor Gary Guichon at the Strathmore Stockyards. 3 Branding irons hang on a fence at the Strathmore Stockyards.

ALL PHOTOS: JEFF MCINTOSH/THE CANADIAN PRESS

"It would be pretty intimidating for someone from the city that's never had an experience handling cattle to carry out that type of theft."

Making investigations even harder is the fact only about half of producers now burn their individual brands onto the sides of the cattle. It used to be an industry norm but without it rustlers have an easier time getting away with the crime.

Gary Guichon of Livestock Investigation Services, a private company contracted by the Alberta government to do cattle inspections, says cattle without brands automatically raise suspicions.

"Most livestock inspectors have local knowledge so in most cases they will have an idea of the guy bringing the cattle in," said Guichon, who has been inspecting brands for 34 years.

THE CANADIAN PRESS

IN BRIEF

Ford recalls pickups

Ford is recalling about 391,000 Ranger pickups because the driver's air bag inflators can explode with too much force and cause injuries. The recall covers 2004 through 2006 model years.

THE ASSOCIATED PRESS

Hilton eyes budget brand

Hilton is launching a new brand, focusing on budget travellers looking to spend $90 to $100 a night. Tru aims to compete with economy and midscale chains like Comfort Inn.

THE ASSOCIATED PRESS

market minute

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INVESTING

Balance risk in portfolios in volatile times, experts advise

Few investors have escaped the carnage on the stock markets as the bears have taken over the Toronto exchange.

But for those closing in on retirement and those already there, the downturn may be even more frightening as the value in Canadian investment portfolios invested in stocks have taken a beating.

"They've lost so much value that basically the only thing to do is sit tight and wait," Pace Sturdevant, a retiree in Ottawa, says of his portfolio of stocks. The 67-year-old is keeping a close watch for any dividend cuts by companies in his portfolio of dividend-paying stocks.

The S&P/TSX composite is down about 20 per cent from the highs of last year, putting it in bear market territory.

The turmoil on the markets has amounted to a painful lesson for those close to retirement about the importance of balancing risk.

Peter Bowen, vice-president of tax and retirement research and solutions at Fidelity Investments, says investors need to start by asking themselves why they're investing.

"If it's for a house, that gives you a different answer than if it's for retirement," he said. "The investment time horizon is one of those key inputs to the strategy, in addition to the individual's goals and their tolerance for risk."

Bowen says bear markets can serve as a litmus test for investors and their risk tolerance."If they aren't sleeping at night … maybe they've overstated that risk tolerance," he said.

Generally, the closer you are to spending your investments, the more conservative your portfolio should be.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, January 27, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I've never been a racist before, but I am now. It's 99.9 per cent foreigners in my neighbourhood. All the original Canadians have moved away. I feel hate and anger towards these people, and I can't deal with it. It would be very hard for me to move.

Dear Ellen,

I am a 68-year-old Canadian woman who has never been a racist before, but am now and don't know how to deal with it. I moved to northeast Calgary 15 years ago. Then a quarter of the people here were East Indians and Pakistanis but didn't bother me, but now it's 99.9 per cent foreigners and all original Canadians have moved away. Now I feel hate and anger towards these people and can't deal with it. It would be very hard for me to move.

Ivy, Calgary

Dear Ivy,

I suspect you have always been a racist but never had to admit it because you were hitherto surrounded mainly by people of your own ethnic group. Fortunately, for you and our troubled society, you're now fully aware of your racism and you want to address it.

Let's start by acknowledging a simple fact. Racism is not innate. It's passed on by ignorant people who are motivated by fear and hatred. It's like the good or bad table manners we learn through both instruction and example: If we're raised by gross, nasty, hateful pigs who don't care about anyone else as they greedily storm the trough, it's no surprise the next generation of pigs is going to be just as rude.

But for piglets who are exposed to more civilized behaviour, there's always hope for improvement. And, if your heart's in it, any one of us can improve at any age. The fact that you, Ivy, say you "can't deal with" your unpleasant feelings of "hate and anger" tells me you are motivated to change. So here's how to start.

I don't doubt you feel isolated and off-kilter because your neighbours seem strange.

First, work on thinking more clearly. For example, when you say your neighbourhood is "99.9 per cent foreigners and all original Canadians have moved away," I suspect you're making the classic racist mistake of equating "Canadian" with people of a certain skin colour and presumed ethnic background, and "foreign" with people of a different skin colour and presumed ethnic background.

But that's not how it works. As you can see from my photo, I'm white, as were my dirt-poor immigrant maternal grandparents (who, coincidentally, settled a few miles outside Calgary, northeast of your own northeast hood). In other words, for all their pale, pasty complexions and flaxen-blond hair, my Caucasian Gramps and Granny were never "original Canadians." Similarly, though many racists disqualify darker-skinned peoples from native-Canuck eligibility, I doubt even the most racist Calgarian would dare label the Blackfoot tribes, who've been living for at least 10,000 years in what is now called Alberta, as "foreigners."

So your hierarchy of citizenship, and the colour-coded rubric that underlies it, is no excuse for racism. In fact, there is no excuse for racism. You know it's wrong. That's why you wrote the letter.

I don't doubt you feel isolated and off-kilter because your neighbours seem strange to you. Their language, appearance, manners, the food they eat — it's human nature to feel threatened by things we don't understand.

But it's how we react that separates us from the pigs at the trough of Canada's bounty.

One solution is to make the strange familiar. Make an effort to meet a new neighbour and share a cuppa or a meal. If you're uncomfortable approaching strangers, contact a local group or religious community or write a letter to your mayor, Naheed Nenshi (an original Canadian who was born in Toronto), to ask for help in making contact.

It probably won't be easy. But it's bound to be easier than moving away, assuming you could even find and afford a safe, racist enclave full of people like you.

Thanks for writing, Ivy. It's always good for all of us to re-examine any racist impulses we might have, and I wish you luck in your future non-racist endeavours.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

metroview

Something must change post-Yatim. Why not the law?

Canadian police officers who kill people in the line of duty don't tend to go to jail.

So when a jury convicted a Toronto police officer of attempted murder this week, the city's police union head called it a "chilling" message to officers. Media claimed the verdict would reverberate across the country.

But for criminal lawyer John Struthers, the ruling underlined something else entirely, something he's been advocating: the need for a new criminal charge aimed at police, which he'd call "police officer using excessive force, causing death."

"There has to be a change in the law if we're going to adequately supervise and discipline police officers," he said.

The verdict is being called a compromise between clearing Toronto Const. James Forcillo of all charges in the shooting death of Sammy Yatim and finding him guilty of the worst of them — second-degree murder. Forcillo is the 11th Ontario police office charged with manslaughter or second-degree murder since 1990 — and all the rest were cleared.

This seeming middle ground — a conviction of attempted murder — is based on the Crown's arguments that even if Forcillo was justified in the first bullets he shot at Yatim, a young man wielding a knife on a streetcar in 2013, he was not justified in subsequent bullets fired after the teen was already on the ground.

The verdict signifies what should already be blatantly clear: The public's trust in police is waning. Both Toronto's mayor and police chief used the ruling to point to the need for police reforms. Clearly, something must change. And why not the law itself?

The new law Struthers envisions wouldn't include the same minimum sentences of a second-degree murder charge, leaving sentences completely to the judge's discretion.

Such a law would put the onus on society to define excessive use of force and state explicitly that police can be held culpable for it when it results in someone's death, Struthers argued.

In the Yatim case, the family is also suing Forcillo and the police force. But Struthers doesn't think the civil option is enough.

I agree. The jury may well have reached for some middle ground in dealing with police misconduct, and so should the Criminal Code. Murder does seem a severe charge for officers to face for actions they took on the job, especially a job defined by unpredictability and danger. But the power they wield cannot go unchecked. Society increasingly won't stand for it, and neither, apparently, will juries.

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metro LIFE
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Wednesday, January 27, 2016

Tired of parents wearing PJs and slippers, an English principal wants a dress code for adults dropping their kids off at school.

Your guide to Africa's regional dishes

EATING

A comfort food crash course in time for the dead of winter

It's finally feeling more like winter. Our stomachs are craving the warm and comforting flavours of African cuisine: slow-cooked meats spiced with vibrant paprika and turmeric; stews made of one of the few vegetables currently in season: onions; and vegetarian-friendly meals that are good for the body and the wallet in the new year.

To ease you into African cooking 101, here is a short introduction to the different regional cuisines of the continent, and spice blends to flavour your meats and vegetables.

North Africa

Countries include: Egypt, Tunisia, Algeria, Libya, Sudan, Morocco

Cooking here is highly influenced by Middle Eastern and European cuisine. Falafels made from fava beans rather than chickpeas are a staple in Egyptian street food; couscous is a must-have on Moroccan menus; and Arabic favourites like baklava and shakshouka are found in Tunisia. Staple ingredients include lamb, eggplant, beans and honey, similar to what you'd find in the Mediterranean.

What's unique is the tajine, a cone-shaped earthenware pot used to slow-cook meaty stews over hot coals (think a very early version of the Crock Pot). Tunisia is also home to harissa, a fiery garlicky chili paste that's popping up on menus this year.

Horn of Africa

Countries include: Eritrea, Somalia, Ethiopia, Djibouti

The horn refers to the peninsula that juts out to the east coast of Africa, and is the region that most Canadians associate with African cooking thanks to our obsession with stews sopped up with injera, the Ethiopian spongy and tangy flatbread made from a nutty and tiny red grain called teff.

Ethiopian and Eritrean cuisines are similar given that Eritrea was once part of Ethiopia: Both are heavy on hearty meat and vegetable stews served with injera but Eritrean cooking also incorporates tomato sauces (it was once under Italian colonization). Berbere is the quintessential spice blend made from a dozen spices including fenugreek, coriander, peppercorn, cardamom, allspice, nutmeg and cinnamon. It's used to add a fiery, oniony kick to dishes such as doro wot (chicken stew) and tibs (spicy fried beef).

East Africa

Countries include: Kenya, Uganda, Tanzania, Rwanda, Burundi, Madagascar, Mozambique, Comoros, Mauritius

The eastern coast of Africa includes more than a dozen countries that run along the Indian Ocean, in addition to the nations that make up the Horn of Africa.

Ugali is one of the most common dishes you'll find here, particularly in Kenya. It's a smooth and thick porridge made from cornmeal or millet that diners roll into little balls to go with nyama choma (roasted meat marinated in curry spices). If you want something fried, try mandazi, a crispy fried bread served by street vendors that's like the region's answer to doughnuts. Mozambique's cuisine has a mix of Portuguese flavour as piri piri sauce is a common condiment and is best exemplified in Galinha à Zambeziana: chicken cooked in coconut milk and piri piri sauce.

West Africa

Countries include: Senegal, Nigeria, Burkina Faso, Ghana, Sierra Leone, Ivory Coast

It's hard to narrow down the cuisine of 16 nations and territories, but there are some commonalities. Root vegetables such as cassava form the basis of fufu, a starchy ball of cooked dough originating in Ghana but widely eaten in the region. It's pretty bland to eat by itself so it's served as a side to soups and stews. Peanuts are a big part of many dishes as it's a major crop of Senegal including maafe, a popular spicy peanut stew of fish or meat with vegetables. Fish is also big given its proximity to the Atlantic.

Central Africa

Countries include: Central African Republic, Chad, Democratic Republic of Congo, Zambia

The food of Africa's heartland is similar to its neighbouring western region: cassava and plantains are made into fufu as a side for grilled meats, while chicken and okra are added to peanut stews.

In Bangui, the capital of the Central African Republic, there is a heavy French influence due to colonization in the late 1800s, so baguettes can be found as well. A staple in Zambia is nshima, a thick porridge made from ground corn meal that can be sweetened with milk for breakfast, or rolled into a starchy ball as a side like fufu. Ifisashi, another Zambian dish, consists of leafy greens like collards or spinach cooked in a peanut sauce.

South Africa

Countries include: South Africa

Given its long history of colonization and trade routes, the food of this region is shaped not only by natives, but also the Dutch and the British, along with Southeast Asia. Indigenous people cooked with pumpkin and beef while the arrival of the Dutch East India Trading company in the 18th century brought in slaves from Southeast Asian Nations, which brought the influence of curries and sambals, a pungent condiment made from chilies, shrimp paste, vinegar and fish sauce. The Dutch sausage, verse worst, is the ancestor to the more popular South African boerewors, a sausage typically containing a mix of beef and pork and spiced with a mix of coriander, nutmeg, allspice and cloves. Serve that at a barbecue with pap, a traditional polenta-like side made from ground corn served alongside soups and meats, and chakalaka, a spicy relish made from a mix of baked beans, carrots, tomatoes, chilies, and curry powder.

TORSTAR NEWS SERVICE

CONTINENTAL CUISINE

Culinary regions of Africa

At just over 30 million square kilometres, Africa is the second largest continent and second most populous with 1.1 billion people. A history of colonization dating back to ancient times from countries now known as Greece, France, Britain and Portugal, made a lasting impression on traditional dishes. In short, there's a heck of a lot of variation in local cooking and major regional variations in flavour. TORSTAR NEWS SERVICE

Fufu, a starchy ball of cooked dough often made with cassava flour, originated in Ghana but is eaten throughout West Africa. Pictured above: doro wot and injera. TORSTAR NEWS SERVICE

SPICE UP YOUR LIFE COMMON AFRICAN BLENDS

THE MIX: RAS EL HANOUT

TOP ROW (L TO R): cinnamon, mace, cardamom
MIDDLE ROW: tumeric, nutmeg, black peppercorn, paprika
BOTTOM ROW: coriander, cumin, cloves

THE MIX: BERBERE

TOP ROW: fenugreek, allspice, cloves, dried onion flakes
MIDDLE ROW: coriander, cardamom, ground ginger, cinnamon
BOTTOM ROW: nutmeg, black peppercorn, dried chilies, paprika

THE MIX: TUNISIAN BAHARAT

TOP ROW: dried roses
BOTTOM ROW: black peppercorn, cinnamon

THE MIX: TSIRE

TOP ROW: cloves, ground ginger, cinnamon
BOTTOM ROW: peanuts, nutmeg, dried chilies

THE MIX: LA KARMA

TOP ROW: cumin, nutmeg, tumeric
BOTTOM ROW: cinnamon, ground ginger, black peppercorn

THE MIX: DUKKAH

TOP ROW: cumin, coriander sesame, cashews
BOTTOM ROW: pine nuts, pistachios, hazelnuts

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THIS WEEK: Dips

Pairing a tasty dip with veggies to get more of the good stuff in your diet? You may be serving up more than you bargained for!

PICK THIS

Summer Fresh Roasted Garlic Hummus

Portion 1/4 cup
Calories 120
Fat 7 g

SKIP THIS

Summer Fresh Spinach Dip

Portion 1/4 cup
Calories 260
Fat 26 g

HERE'S WHY

Equivalent: Two regular Arby's Roast Beef sandwiches in fat

Veggies and whole wheat pita wedges are healthy snacks, but seem like Plain Janes on their own, making them a frequent partner with dips, spinach being a popular pick. But where's the spinach? It's speckled throughout the mayonnaise, which is a main ingredient. This translates into excess calories and fat. Hummus, made primarily from chickpeas, tahini paste and olive oil, is a much healthier option. Think of this small serving of spinach dip as the same as eating 2 Arby's roast beef sandwiches in fat — that's far from a healthy snack!

No purchase necessary. One entry per person, per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, and Ottawa and Toronto, ON, and Halifax, NS who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty five (35) prizes are available to be won in each market, consisting of two (2) passes to a screening of Pride and Prejudice and Zombies on February, 3 2016. Approximate retail value of each prize is $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on Jan. 22, 2016 and closes at 11:59 pm ET on Jan. 29, 2016. To enter and for complete contest rules visit www.metronews.ca/contests

The secrets of good Indian food

England's Meera Sodha never lived in India, but grew up eating the food of her ancestors. TORSTAR NEWS SERVICE

CUISINE

Meera Sodha gives an easy intro to popular dishes

An Indian kitchen can be anywhere in the world. Meera Sodha should know. Born in England, she's never lived in India, but grew up eating the cuisine of her ancestors, much of it lovingly prepared by her mother.

Sodha's first cookbook, Made in India: Recipes from an Indian Family Kitchen, invites cooks of all kinds to embrace fresh, simple, traditional recipes, from chapatis to street food such as chili paneer.

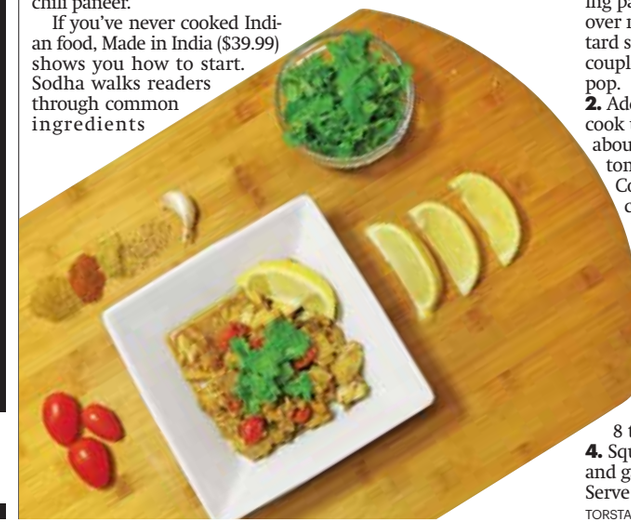
If you've never cooked Indian food, Made in India ($39.99) shows you how to start. Sodha walks readers through common ingredients and where to find them, provides menus and helps troubleshoot if your adventure turns out too spicy, salty or watery. The 320-page hardcover, released in Canada, features plenty of manageable recipes, from spiced hot chocolate or chana ka chips a.k.a. spicy roasted chickpeas.

20-Minute Fish Curry

This mild but flavourful dish, adapted from Made in India, makes a quick and nutritious dinner.

Ingredients

- 3 tbsp (45 mL) canola oil
- 1/2 tsp (2 mL) mustard seeds
- 2 medium yellow onions, finely sliced
- 4 cloves garlic, crushed
- 2 cups (500 mL) cherry tomatoes, halved
- 1 tsp (5 mL) chili powder
- 1 tsp (5 mL) ground coriander
- 1-1/2 tsp (7 mL) ground cumin
- 1 tsp (5 mL) salt
- 3/4 cup (185 mL) hot water
- 1-1/4 lb to 1-3/4 lb (565 g to 790 g) cod, haddock or other firm white fish, cut into 1-3/4 inch cubes
- 1 lemon, cut into quarters
- Small bunch cilantro, finely chopped



Directions

1. In a non-stick medium frying pan with a lid, heat oil over medium heat. Add mustard seeds and stir-fry for a couple of minutes until they pop.

2. Add onions and garlic and cook until golden and soft, about 8 minutes. Add cherry tomatoes. Cover pan with lid and cook tomatoes 10 minutes or more until tomatoes are soft and saucy.

3. Add chili powder, ground coriander, cumin, salt and hot water. When liquid starts to bubble, add fish pieces. Stir gently and cover until fish is cooked through, about 8 to 10 minutes.

4. Squeeze lemon over fish and garnish with cilantro. Serve with rice. Serves four.

TORSTAR NEWS SERVICE

Valentine's Day may be meant for couples, but these brownies are meant for sharing. THE ASSOCIATED PRESS

Add a spicy kick to your classic brownie

BAKING

Turn up the heat using cayenne and chili powder

Mexican hot chocolate is a beloved beverage made from chocolate (no surprise there) combined with cinnamon and another spice or two to bring up the heat. The combination of spicy and chocolate just plain works, and we wanted to see how it would translate into another beloved treat, the good old American brownie. Again, it just plain worked.

Buy pure ancho chili powder for this recipe, which is made from the ancho pepper. It has a mild, slightly smoky and somewhat fruity flavour. Don't be tempted to substitute regular chili powder or chili spice blend. These spice mixes have additional spices in them they may work wonderfully in a beefy chili, but won't bring anything to the party here.

RECIPE MEXICAN CHOCOLATE CHIP BROWNIES

Start to finish: 45 minutes
Servings: 24

Ingredients

- 3 cups (18 ounces) semisweet chocolate chips, divided
- 3/4 cup (1 1/2 sticks) unsalted butter
- 1 3/4 cups sugar
- 1 tsp vanilla extract
- 4 large eggs
- 1 1/2 cups all-purpose flour
- 1/3 cup cocoa powder
- 1 tsp baking powder
- 1 tsp kosher salt
- 1/4 tsp cinnamon
- 1/2 tsp cayenne pepper
- 1/4 tsp ancho chili powder

Directions

1. Heat the oven to 350 F. Coat a 9-by-13-inch metal baking pan with cooking spray.
2. In a medium saucepan over medium-low, melt 2 cups of the chocolate chips with the butter, stirring frequently. As soon as the mixture is smooth remove it from the heat. Stir in the sugar and vanilla, then beat in the eggs one at a time.
3. While the chocolate is melting, in a medium bowl mix together the flour, cocoa powder, baking powder, salt, cinnamon, cayenne and ancho chili powder.
4. After beating the eggs into the chocolate mixture, stir in the flour mixture until well blended. Stir in the remaining chocolate chips. Pour the batter into the prepared pan and smooth the top. Bake for about 30 minutes, or until a wooden toothpick or skewer inserted at the centre comes out clean. Cool completely in the pan on a wire rack. Cut into 24 squares.

Nutrition information per serving: 230 calories; 120 calories from fat (52 per cent of total calories); 13 g fat (8 g saturated; 0 g trans fats); 50 mg cholesterol; 115 mg sodium; 31 g carbohydrate; 2 g fiber; 22 g sugar; 3 g protein. THE ASSOCIATED PRESS

LIQUID ASSETS

Vermouth over ice

A wine guy is always on call, so I wasn't surprised when I got a text from a friend asking my thoughts on a bottle she found in the deepest, darkest corner of her refrigerator.

It was Martini & Rossi Extra Dry Vermouth (1,000 ml, $11.29-$13.29); a white and flavourful fortified wine best known for playing a supporting role in popular old-school mixed drinks like the martini and Manhattan.

Turns out a martini-fueled James Bond marathon forced her to invest in a litre bottle. Since the cocktail only needs a splash of vermouth she's been sitting on the remainder for over a month.

She played her Casino Royale cards right by refrigerating the bad boy. Even its red version will start to deteriorate quickly once opened. The cold enclosure of the fridge significantly slows down its aging process.

My recomendation was to drink it over ice with a citrus garnish and then get mussels and steam them using the vermouth. Life doesn't get much better than that.

PETER ROCKWELL/FOR METRO

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ABC LifeLiteracyCanada

Yukon pulls health PSA after mockery

OH CANADA

Campaign uses innuendo to remind people to take vitamin

The Yukon government's recent bid to ensure residents are receiving enough Vitamin D is getting a rise out of the social media masses.

The department of Health and Social Services recently rolled out a campaign exhorting residents of the sun-deprived territory to ensure they're getting enough vitamin D. But the kind of activity the campaign wound up promoting is arguably best accomplished indoors.

The department's "we all need the D" campaign, using a common slang term for the penis, quickly went viral and spawned giggly dismay across social media. Many of the comments voiced incredulity that the Yukon government could have committed such a gaffe without realizing how the message would be interpreted.

But the department itself says the campaign was not wholly accidental, adding the bid to target a younger crowd got a little out of hand. It tweaked the ad earlier this week in the face of the mockery.

"When trying to reach a young adult audience, Health and Social Services often reaches for provocative and humorous messaging, to great success," the government said in a statement.

"However, what was considered cheeky messaging on our Vitamin D campaign escalated to ribald humour, taking the campaign into graphic areas that were never intended."

The original campaign consisted of a handful of posters asking what, in hindsight, proved to be some provocative questions.

One ad asked Yukon residents: "How do you do the D?" Another depicted a woman gazing at a plate of fish with the caption: "Need a little help... with your daily D?"

Another poster showed a man musing about how he managed to reach his 30s without realizing that he, too, needed to "do the D."

It didn't take long for the ads to arouse widespread mockery, with U.S. websites BuzzFeed and Jezebel among those posting items and weighing in with glee as social media users laughed at what they believed to be an oversight.

"Counting down to a population boom in the Yukon in 3...2...1," wrote one Twitter user.

"Do guys just naturally get the D?" quipped another.

The Yukon government ad now simply asks: "Have you taken your vitamin D today?"

And despite the embarrassment caused by the original campaign, the department maintained that it had left them more than satisfied.

"While the campaign had some unexpected results, such as being mentioned in BuzzFeed, we definitely hit our target audience and beyond," the statement read, going on to point out websites that prominently mentioned the real purpose of the ad blitz in their coverage. "This is the entire point of the campaign."

THE CANADIAN PRESS

I'm in my 30s,
who knew I needed
to do the D?
We need vitamin D to help our body use calcium and phosphorus for strong bones and teeth.
It is difficult to get enough vitamin D through food alone. You can take a vitamin D supplement or a multivitamin with vitamin D in it.
How do you do the D?
Yukon

Department of Health and Social Services renounce intentionally goofy campaign. HANDOUT

While the campaign had some unexpected results, such as being mentioned in BuzzFeed, we definitely hit our target audience and beyond.

The Yukon government statement

PRODUCE

Your winter grocery guide

A market update released by importer Fresh Start Foods Canada Ltd. on Monday noted supply deficiencies of many fruits and vegetables. Green onions and green peppers, zucchini, tomatoes and eggplant from Mexico were limited due to cold and rain.

Berries from California were "very limited." Lettuce from Arizona was damaged from lack of rain.

This year El Niño has created changeable weather patterns from the Pacific to Atlantic coasts. Although the worst might be over, NASA scientists said this week that a "second peak" was still possible.

Though not much can be done to alter the forces of Mother Nature or the free fall of the loonie — which could still drop to an all-time low of 59 cents, according to David Doyle of Macquarie Capital Markets Canada Ltd. — reducing our reliance on imports could help consumers, as well as eating like our grandparents did: sticking to frozen vegetables and food that is grown within Canada during winter months.

Bringing food processing back to Canada could also stabilize prices in the long run. Since 2006, 143 plants have closed, mostly in the meat, dairy and bakery sectors. Only 63 new plants have started operations. That means even though wheat is grown in Canada, the cost of pasta has also increased, because the grain is processed elsewhere. And when it comes to fruits and vegetables, Canada should increase its agricultural capacity in winter with greenhouses or hydroponics, said Sylvain Charlebois, lead author of a University of Guelph study Food Price Report, adding recent high prices might encourage investment if farmers see consumers willing to pay more. TORSTAR NEWS SERVICE

FOOD

Eat this, not that

Higher prices for some items can forces home cook to think beyond the same old standards.

Strawberries: Buy frozen if you must have strawberries. If you're just looking for a hit of vitamin C, choose oranges or grapefruit, which are bountiful right now in the southern U.S.

Celery: There's no real substitute for celery, which is famously high in fibre but low in calories. For a bit of crunch in your tuna salad, try radishes or onion.

Lettuce: Make cabbage coleslaw, carrot and raisin salad, or roast root veggies instead of serving leafy greens. Kale lovers will rejoice because the hardy green remains affordable.

Hothouse tomatoes: Although local tomatoes are months away, canned tomatoes are also nutritious and often taste better than the ones trucked in from Mexico.

Nuts: Choose seeds, which have a similar fat and protein content. Nut butter, such as natural peanut butters, remain at stable prices for now.

Pasta: If pasta seems pricey, try other grains such as rice, wheat berries, barley, Farro or spiralize beets, kohlrabi or carrots.

Zucchini: It's known as summer squash for a reason, but winter squashes with harder shells such as acorn and butternut are readily available.

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AMAZON

Woody Allen casts Cyrus in new series

Cyrus is making her return to TV in Amazon series. GETTY IMAGES

Woody Allen has an unlikely new female star: Miley Cyrus.

Cyrus will star in Allen's not-yet-titled Amazon series, a spokeswoman for Cyrus confirmed. The head-spinning casting combines the 80-year-old filmmaker with the 23-year-old former Disney star.

Cyrus will star alongside Elaine May in the six half-hour episodes planned to run this year.

On Instagram, Cyrus posted a painting of Allen that she said had been beside her bed for years.

Cyrus wrote that she was "looking into his eyes when I got the call to be a part of the cast."

Allen has previously voiced regrets about his first foray into streaming television. At the Cannes Film Festival in May he called it "a catastrophic mistake."

THE ASSOCIATED PRESS

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Emotions soar on reality show

Host of CBC series Dale Curd interviews people in arrivals and departures, resulting in heartfelt honesty. COURTESY CBC

THE SHOW: Hello Goodbye, Season 1, Episode 1 (CBC)
THE MOMENT: The Honesty

At Toronto Pearson International Airport, host Dale Curd interviews a shaggy-haired guy in a yellow T-shirt. He's waiting for his wife, who's been away a month.

"What do you miss about her?" Curd asks.

"Her sitting in her usual chair, or getting out of the tub," Shaggy answers. (The tub! Gotta love him for that.)

Next thing you know, Shaggy is crying. His dad died from Parkinson's, he says. He should have visited him more, "but I was selfish, and I didn't want to see it." He shakes his head.

"I have to reach out more, talk about it. It's been a trying time. I'm working through it."

When his wife arrives, she's a perfectly pretty brunette. Shaggy dashes to her side. He looks happy.

I admit, when I first heard about this reality show, I was in hysterics. People talking in airports? That's what the once-towering CBC has come to?

But after watching a single half-hour episode, I think it's destined to be a multinational franchise, for two reasons: People are desperate to talk. And they're surprisingly articulate when they get the chance.

No disrespect to Curd's ability to choose subjects and draw them out; that can't be easy. But the speed at which regular Joes go from saying "Nice to meet you" to sharing their deepest joys and sorrows is something to behold.

Maybe airports bring out people's vulnerability. But I suspect it's more that we're rarely asked, with compassion, about ourselves. The planes fly. The floodgates open.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

B.o.B believes Earth is flat

Rapper B.o.B went on a Twitter tirade about how he believes the earth is flat, and we're all being duped by NASA and the government.

Then the world's coolest astrophysicist, Neil deGrasse Tyson, stepped into the fray to try to talk some sense into the rapper, which was an ill-advised move on his part. B.o.B then released Flatline via Soundcloud, a weirdly paranoid track that calls out Tyson, NASA and the Masons.

I must say, propagating a rap beef with Neil deGrasse Tyson kind of makes me like B.o.B more, despite the idiocy.

NED EHRBAR/METRO

Report on Paris couture

Dior, left, featured embroidered silk gowns with "sensual, bare" accentuated shoulders in their show this week. At Chanel, right, a glimmering cape in lame and chiffon on model-of-the-minute Gigi Hadid added to the magical vibe. ALL PHOTOS GETTY IMAGES

Highlights from this week's SS 2016 collection shows

DIOR

Past remixed

Dior's first couture show since Raf Simons left took place on Monday — designed by "the studio," the house said.

In the clothes, the "spontaneous, relaxed Parisienne of today" mixed with the iconic styles of the 1940s and 1950s.

High-cut post-War shoes with occasional retro ankle bows accessorized embroidered silk gowns in freestyle volumes, often with "sensual, bare" accentuated shoulders. A couple of flapper-style lace, chiffon and tulle look also evoked the joyful feeling of the 1920s.

The studio team also set about experimenting with the famed bar jacket. It came in myriad forms: in tight, embroidered black wool, loose and white, open to expose the breast sensually, oversized and masculine, or as a beautiful dark navy wool coat.

There were also traces of the musings of past creative directors.

CHANEL

Eco couture

It was delicate couture magic with a hint of reality for Chanel. The sports-infused display saw sparkling smooth oval shoulders and curved collars define the silhouette on fastidiously embroidered gowns and skirt suits.

This curved esthetic — apparent also in oversize bulbous chignons, curved cork platforms and unusual double-eye makeup — was inspired by the 1932 cubist sculpture Head of a Woman by Pablo Picasso.

But this was very much a contemporary collection —an ecology-themed show that incorporated sustainable fabrics and took inspiration from the natural world.

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metro DRIVE

Your essential daily news

Can't miss these at the mall: Jerry Seinfield auctions off three porsches

A small crossover that's big on sass

ROAD TESTED

THE CHECKLIST | 2016 MAZDA CX-3

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 146-hp 2.0-litre I4
Transmission. Six-speed automatic
Price. Base $20,695 (plus destination)

COOL FEATURES

- Great driver's seat adjustability accommodates a wide variance in driver sizes.
- Adaptive headlights points low beams in the direction the driver intends to travel.
- Full suite of safety systems available, including brake support, blind spot monitoring, and lane departure warning.

MAZDA CX-3 PHOTOS: MIKE GOETZ/FOR METRO; ALL OTHERS CONTRIBUTED

MARKET POSITION

- Subcompact crossover based on the same platform as the Mazda2.
- Fast growing segment, popular with young couples and families, and empty nesters.
- As per Mazda's brand promise of zoom-zoom, one of the more lively vehicles in its segment.

POINTS

- Named AJAC's Best New SUV/CUV under $35K for 2016.
- Available in both FWD and AWD versions, the latter specially developed to retain lightness.
- High-tech engine features direct injection and high compression.

THE COMPETITION

Chevrolet Trax
Base price: $19,495

Nissan Juke
Base price: $20,698

Honda HR-V
Base price: $20,690

REVIEW

Mazda CX-3 feels like a tall hatchback with AWD

Mike Goetz
For Metro Canada

Small crossovers are hot sellers, and more and more nameplates are joining the segment. Mazda's entry in this segment — the CX-3 — is more fun to drive than most.

This is not surprising, however, as it is not that far removed from the sporty Mazda2 hatchback it is based on. Actually, in dimensions and intent, the CX-3 is more like a tall hatchback with AWD, than a more legitimate attempt at a subcompact crossover, as exemplified, for example, by the likes of Kia Soul or Jeep Renegade.

But maybe you like your crossovers flavoured this tidy way? I do. The combination of a compact and perky engine, taught handling, and relatively light overall weight, translate to a car, err crossover, that is just plain great to drive.

Doesn't look too bad either, inside or out. The interior features a lot of different textures and colours and feels anything but subcompact. Mazda's consul-mounted controller is not my favourite way to navigate the infotainment sphere, but at least Mazda Connect is standard on all CX-3 models, to facilitate voice commands, and internet connectivity.

The Mazda2 origins mean the CX-3 is somewhat narrow and short. Wide people might be looking for more elbowroom up front, while people with any kinds of legs will look for more legroom in the back.

If you can do without all-wheel drive, the Mazda3 Sport (the hatchback) might be a better bet for families who prioritize interior space.

The CX-3's all-wheel-drive system is an all-new system that prioritizes weight saving. Mazda says it's about 20 percent lighter than its larger platform AWD systems. It keeps the vehicle in FWD until the front wheels start the slip, and then automatically engages the rear wheels.

When testing this vehicle in the off-road portion of the AJAC Car of the Year evaluations, I was expecting the CX-5's limited ground clearance to hold it back somewhat, and it did, but was surprised at how well it did otherwise in the dirt, and with considerably less body jiggling than the other competitors — a lower centre of gravity and lighter weight will do that for you.

Like most of its competitors, the CX-3 is fitted with tires more suited for communing than going through hill and dale, and would be the first thing you would need to upgrade if you're expecting your CX-3 to climb mountains.

All in all, the CX-3 is a success. It's not perfect but has a defined personality. Those who are drawn to this kind of crossover personality will like it a lot.

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HONDA

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SL AWD Premium model shown*

1.8 SL model shown*

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The service period ("Service Period") will commence on the purchase or lease transaction date ("Transaction Date") and will expire on the earlier of: (i) the date on which the maximum number of Service Visits has been reached; (ii) 36 months from the Transaction Date; or (iii) when the Eligible Vehicle has reached 48,000 kilometers. All Eligible Services must be completed during the Service Period, otherwise they will be forfeited. The Offer may be upgraded to use premium oil at the recipient's expense. The Eligible Services are not designed to meet all requirements and specifications necessary to maintain the Eligible Vehicle. To see the complete list of maintenance necessary, please refer to the Service Maintenance Guide. Any additional services required are not covered by the Offer and are the sole responsibility and cost of the recipient. Offer may not be redeemed for cash and may not be combined with certain others. 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From car racing to helping the Worst

Philippe Létourneau on the set of Canada's Worst Driver, where he tries to teach the participants how to handle a vehicle properly and safely. COURTESY DISCOVERY/BELL MEDIA

CANADA'S WORST DRIVER

Reality TV instructor borrows from his experiences

The 11th season of Canada's Worst Driver recently wrapped up, but it's already calling for candidates for a new season. That means Philippe Létourneau has more work ahead of him.

As the program's high-speed driving instructor, it's his job to teach the bad drivers on the show how to safely handle a vehicle. It's one of many tasks he does as a driver trainer, a skill he took directly from his previous career as a race driver.

"I was born watching my dad race," Létourneau says. "My dad was a rally driver. They drove to the race so I could see my dad's race car from my window in front of me on the street."

Born in Montreal, Létourneau got into racing go-karts at 10 — the minimum age allowed in Quebec. As a teenager, he enrolled in a racing school run by Canadian champion Richard Spenard. He learned to work on the cars as well as drive them, trading his labour against his racing expenses.

But Létourneau credits his parents for his success.

"My parents gave me a break by paying my rent and food," he says. "But my dad was honest. He said, 'The odds (of making a living racing) are not on your side, but we'll try to do our best.'"

> **I'm one of the guys who lost somebody from a car accident.**
> Philippe Létourneau, on the importance of safe driving

Létourneau raced in Canada, the U.S., and Europe, in such series as Formula 2000 Touring Cars and Rolex Daytona Prototypes, among others, earning more than 40 podium finishes. Ultimately, though, he knew his father was right. "You could count on 10 fingers the Canadian racers that really made a living just from racing," he says. "I started coaching at the racing school, and with a bit of luck and a lot of hard work, it became my job. I discovered it was great helping people. I knew I wouldn't make Formula 1, but I loved the sport, and there was a chance of making a living if I focused on teaching."

Through his company, PLB Autosport, Létourneau provides a variety of services, from one-on-one teaching to the work he does for such programs as BMW winter driver training and the Ferrari Driving Experience. He's also trained members of Quebec's provincial police force and worked with automakers and tire companies on product development.

Létourneau had a cousin who had been like a brother to him, but who died in a car crash at the age of 33. He saw the value in training the show's participants and in getting the safety message out to a wider audience.

Nothing's scripted, and the drivers really are as bad as they look, he affirms. "I try to keep my poker face, but sometimes, my head is spinning," he says. "They'll do something, and I'll think, yeah, that'll be on the show."

TORSTAR NEWS SERVICE

IN BRIEF: GM'S MAVEN

GM debuts car-sharing, 'personal mobility' brand

General Motors said late last week it was launching a U.S. car-sharing service under a new "personal mobility" brand dubbed Maven.

GM said Maven, which will compete with services such as Zipcar, was operating in Ann Arbor, Mich., with the initial focus on serving the University of Michigan campus.

It will be expanded to major U.S. cities later this year, GM said in a statement. The U.S. auto giant said Maven will be a key part of its strategy to meet evolving transportation needs in a more tech-connected society.

GM previously announced an investment in ride-sharing service Lyft, and the acquisition of assets from another sector rival, Sidecar.

"GM is at the forefront of redefining the future of personal mobility," said GM president Dan Ammann.

On the Maven website, GM was offering mid-size vehicles for $8 US an hour or $56 US a day, including fuel costs. AFP

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Wise customers read the fine print: †, *, •, ★, ∞, ♦, ‡, ≈, § The Cold Days Hot Deals Sales Event offers are limited time offers which apply to retail deliveries of selected in-stock new and unused models purchased/leased from participating retailers between January 15 and February 1, 2016. Offers subject to change and may be extended or changed without notice. All pricing includes freight ($1,695-$1,745), air-conditioning charge (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 84 months available on select new models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Examples: 2016 Jeep Cherokee Sport 4x4 (24A)/2015 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $27,177/$34,400 with a $0 down payment, financed at 0% for 84/60 months equals 182/130 bi-weekly payments of $149/$265 with a cost of borrowing of $0 and a total obligation of $27,177/$34,400. *Jeep Cash/Clearout Cash Discounts are deducted from the negotiated price before taxes. •Up to $1,000 Bonus Cash is available between January 15 and February 1, 2016, on most new 2016 Chrysler, Dodge, Jeep, Ram and FIAT models excluding the following: 2016 Dodge Grand Caravan CVP, 2016 Journey CVP/SE Plus, 2016 Charger & Challenger SRT Hellcat, 2016 Jeep Cherokee Sport 4x2, 2016 Jeep Compass & Patriot Sport 2D CPOS, 2016 Jeep Wrangler Sport 2-Door, 2016 Ram 1500 Regular Cab and FIAT 500 POP. Bonus Cash will be deducted from the negotiated price after taxes. See your retailer for complete details. ★The Make No Financing Payments for 90 Days offer is a limited time offer which applies to retail customers who finance a new 2015/2016 Chrysler, Jeep, Dodge, Ram or FIAT vehicle (excludes 2015/2016 Dodge Viper and Alfa Romeo) at a special fixed rate on approved credit for up to 96 months through Royal Bank of Canada and TD Auto Finance or for up to 90 months through Scotiabank. Monthly/bi-weekly payments will be deferred for 60 days and contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract but not until 90 days after the contract date. Customers will be responsible for any required down payment, licence, registration and insurance costs at time of contract. Some conditions apply. 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See your retailer for complete details. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. [1]Based on 2014 *Ward's* Middle Cross Utility segmentation. △Based on 2014 *Ward's* Sport and Cross Utility segmentations. ±Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. ®Jeep is a registered trademark of FCA US LLC used under license by FCA Canada Inc. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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'Fiata': The Japanese-Italian colab

NSX

A powerhouse sports hybrid

NSX is a hybrid, but it's about helping performance more than saving fuel: Promising a technological powerhouse, Honda has released most of the details about its hybrid 2017 NSX sports car. The original NSX, released 25 years ago, was the world's first all aluminum-bodied two-seat sports car. It was discontinued after the 2005 model year. Each new next-gen NSX will be effectively hand-built by a group of 70 technicians at a plant in Ohio.

'FIATA'

Passion meets efficiency

Labelled "Fiata" by some industry wags, the Fiat 124 Spider is a new version of its legendary small two-seat convertible sports car. It combines styling queues from the original 124 Spider and a Fiat powertrain with its structure and underpinnings coming from the current generation Mazda MX-5 Miata. With Fiat style meant to recall the original Italian everyman's small sport-about, casual onlookers might be forgiven if they see more of Mazda's efficient little roadster, especially when seated inside: the interiors appear identical.

TEXT AND IMAGES BY WHEELBASE MEDIA

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

MX-5

Aftermarket could 'go wild' over Spyder, Speedster

Mazda turned up the wick on its already well-received MX-5 two-seat sports car at the recent Specialty Equipment Market Association (SEMA) show in Las Vegas, in November, showing two new design concepts — a Spyder and a Speedster — each designed to take the MX-5's lightweight and fun-to-drive mission "a step further" by reducing weight even more while accentuating open-air driving. Both models highlight "the core strengths" of the MX-5, in collaboration with various aftermarket parts suppliers and performance shops.

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*Selling price is $37,420 // $41,120 on a new 2016 TLX (UB1F3GJ) // model shown, a 2016 TLX Tech (UB1F5GKN). Selling prices include $1,995 freight and PDI, EHF tires ($29), EHF filters ($1), air conditioning fee ($100) and OMVIC fee ($5). License, insurance, registration and taxes are extra. † Limited time lease offer based on a new 2016 Acura TLX (UB1F3GJ) // model shown, a 2016 TLX Tech (UB1F5GKN) available through Acura Financial Services on approved credit. Representative lease example: 0.9% // 0.9% (3.22% informational APR) lease rate for 36 months (36 payments). Monthly payment is $378 // $432 with $3,000 down payment. 16,000 km allowance/year; charge of $0.15/km for excess kilometres. Total lease obligation is $16,608 // $18,552. Offer includes EHF tires ($29), EHF filters ($1), air conditioning fee ($100), OMVIC fee ($5), PPSA ($29) and Winter Driven Credit ($1,000). License, insurance, registration, options, duties and taxes are extra. PPSA lien registration fee and lien registering agent's fee are due at time of delivery. $1,000 Winter Driven Credit includes applicable sales taxes. ‡$6,500 Customer Cash Rebate (CCR) is available on new 2015 Acura TLX V6 Tech (UB2F5FKN) and V6 Elite (UB2F7FKN) models when registered and delivered before February 1, 2016. Total incentives consist of $6,500 that can be combined with lease/finance offers. All incentives will be deducted from the negotiated selling price after taxes. Some terms/conditions apply. Model shown for illustration purposes only. Offers end February 1, 2016 and are subject to change or cancellation without notice. Dealer may sell/lease for less. Dealer order/trade may be necessary. While quantities last. As of January 5, 2016 there are seventy-four (74) 2015 TLX models remaining in Ontario. Visit www.acuradowntown.ca for details.

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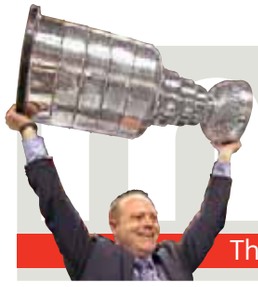
*Up to $1,250/$1,500/$2,000 lease bonus cash available to be applied as a discount on MSRP available on lease only (through Volkswagen Finance, on approved credit) of select new and unregistered 2016 Golf 1.8T Highline / Jetta 1.8T Highline, 1.4T Comfortline, GLI or Hybrid / Tiguan Highline 4MOTION® models. Discount varies by model. **Limited time lease offer available through Volkswagen Finance, on approved credit, on select new and unregistered 2016 models. Example based on 2016 Jetta 1.4T Trendline (#163VF1) base model with 5-speed manual transmission. $1,605 freight and PDI included in monthly payment. 36-month term at 0% APR with monthly payments of $217. $1,000 lease bonus cash has been applied in monthly payments shown. $0 down payment, $270 security deposit and first monthly payment due at lease inception. Total lease obligation: $7,812. 48,000-kilometre allowance; charge of $0.15/km for excess kilometres. PPSA fee, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. Dealer may sell or lease for less. Dealer order/trade may be necessary. Offers end February 1, 2016 and are subject to change or cancellation without notice. Models shown: 2016 Golf 1.8T Highline, $29,495 / 2016 Jetta 1.8T Highline, $27,995 / 2016 Tiguan 2.0T Highline R-Line, $39,993. Vehicles shown for illustration purposes only and may include optional equipment. Visit vwoffers.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Golf", "Jetta", "Tiguan", "TSI", "Highline" and "4MOTION" are registered trademarks of Volkswagen AG. © 2016 Volkswagen Canada.



metro SPORTS

The Blackhawks have given a three-year contract extension to GM Stan Bowman that runs through the 2020-21 season

Raptors in rarefied air

NBA

Lowry leaves in pain late in team's record-tying victory

TUESDAY AT ACC

106	89
RAPTORS	WIZARDS

It's nine and counting for the Toronto Raptors.

All-star starter Kyle Lowry poured in 29 points as the Raptors matched their franchise-best nine-game winning streak, beating the Washington Wizards 106-89 on Tuesday.

DeMar DeRozan added 17 points for the Raptors (30-15), who swept their four-game series with Washington. Terrence Ross added 15 points, while Jonas Valanciunas had 13 points and a game-high 12 rebounds, and Cory Joseph chipped in with 10 points.

The Raptors tied the franchise-high nine consecutive games they set from March 22 to April 9, 2002. They were ousted in the first round of the playoffs that season by Detroit.

Lowry shot an efficient 8-for-14, and added four rebounds and four assists, but there were some tense moments late in the fourth quarter when the two-time all-star made a beeline for the locker-room with what looked to be a left hand injury.

John Wall scored 18 points to top the Wizards (20-23), who were missing Bradley Beal. Beal has a broken nose and concussion after being hit in the face by Boston's Marcus Smart a night earlier.

The Raptors were swept by the Wizards in the first round of last season's playoffs, and are keen to show they're a more solid team this season.

Playing Game 5 of a seven-game homestand, the Raptors took a 77-70 advantage into the fourth quarter. Then they put the Wizards away for good.

> **It's not worth a darn if you don't go out there and back it up with hard play.**
>
> Dwane Casey on win streaks

When DeRozan drove to the basket, and drew a foul, on a floating jumper with 4:40 to play, his three-point play put the Raptors up 95-78, in front of a capacity crowd.

"I'm trying to tell (the players) enjoy this, enjoy this," Raptors coach Dwane Casey said of the Raptors hot streak. "You hear all this, 'Well let's see what they do in the playoffs.' You'd better enjoy this right now because tomorrow's not promised to any of us. So let's enjoy some of the good times and some of the small victories we have." THE CANADIAN PRESS

Kyle Lowry contorts his way to a layup against the Wizards on Tuesday night . RON TURENNE/NBAE VIA GETTY IMAGES

NHL

Panthers put handful past Reimer in Florida rout

Panthers centre Vincent Trocheck scores on James Reimer on Tuesday night in Sunrise, Fla. ALAN DIAZ/THE ASSOCIATED PRESS

Aleksander Barkov and Vincent Trocheck scored power-play goals, and the Florida Panthers rolled into the all-star break on another good note by topping the Toronto Maple Leafs 5-1 Tuesday night.

Reilly Smith and Jussi Jokinen each had a goal and an assist for Florida, which improved to 20-0-1 when scoring at least three times.

Roberto Luongo made 22 saves for Florida, which goes into the break atop the Atlantic Division and in second place in the Eastern Conference. Brian Campbell had two assists for the Panthers, who signed Barkov to a six-year contract extension earlier in the day.

TUESDAY In Sunrise

5	1
PANTHERS	LEAFS

Nazem Kadri scored for Toronto, which has lost eight of its last nine games. James Reimer stopped 22 shots for the Maple Leafs.

Earlier Tuesday the Panthers announced they had signed Barkov to a six-year contract extension worth $35 million, one day after the 20-year-old standout revealed the agreement on Twitter. Barkov, who was the No. 2 overall pick by the Panthers in the 2013 draft, had 12 goals and 18 assists in his first 38 appearances this season.

Barkov would have been a restricted free agent this summer. THE ASSOCIATED PRESS

IN BRIEF

Griffin injury came from punching Clippers staff

Blake Griffin will be out for as long as six weeks with a broken shooting hand after punching a Los Angeles Clippers staff member during a road trip.

The star forward underwent a procedure and was treated by an orthopedic surgeon after returning early to Los Angeles from a five-game road trip, the team said Tuesday. THE ASSOCIATED PRESS

B-Ball Rams are Ryerson's first No. 1-ranked team

The Ryerson Rams are finally No. 1.

Ryerson's men's basketball team top the Canadian Interuniversity Sport rankings this week, marking the first time any Rams team has occupied the nation's No. 1 spot.

The Rams beat a couple of powerhouses at home last weekend, topping Ottawa 87-80 and Carleton 79-61. Ottawa and Carleton had previously held the No. 1 and 2 spots. THE CANADIAN PRESS

Habs fall to Blue Jackets for second night in a row

Brandon Dubinsky and Cam Atkinson each had a goal and an assist to give the visiting Columbus Blue Jackets a 5-2 victory over the slumping Montreal Canadiens in the second game of a home-and-home series on Tuesday.

Boone Jenner, Scott Hartnell and Brandon Saad, in an empty net, also scored for the Blue Jackets (19-27-5). Rookie goaltender Joonas Korpisalo stopped 27-of-29 shots for his fifth win of the season.

The Habs are now 2-8-0 in their last 10 home games. THE ASSOCIATED PRESS

Azarenka ousted by Kerber

Angelique Kerber won five consecutive games in the second set and saved five set points to beat Victoria Azarenka 6-3, 7-5 in the Australian Open quarter-finals on Wednesday. THE ASSOCIATED PRESS

Go to metronews.ca for coverage Milos Raonic's quarter-final match against Gael Monfils.

Canada's young guns offer future hope

Bianca Andreescu and Charlotte Robillard-Millette were two of the top-ranked players going into the junior women's Australian Open. GETTY IMAGES

TENNIS

High-seeded juniors poised for breakout at Aussie Open

Growing up in Quebec City, Felix Auger Aliassime learned to play from his father, a tennis instructor who had emigrated from Togo in West Africa.

It wasn't until he saw Roger Federer and Rafael Nadal play their classic Wimbledon final in 2008, though, that he fell in love with the game.

"I was like, yeah, this is what I want to do," he said. "That inspired me a lot."

Auger Aliassime is well on his way. Now 15, he is playing in his second Grand Slam junior tournament, seeded fourth in the boys' singles at the Australian Open.

It's a big moment for him — and his country. Canada, a growing hotbed for tennis, also has several promising juniors in the girls' draw, the result of a new approach by Tennis Canada to develop talent through a system of national training centres across the country, increased investment and the recruitment of elite coaches. Eight years after the first — and largest — training centre opened in Montreal, the program is starting to show results. Not only have Milos Raonic and Eugenie Bouchard established themselves in the pro ranks, there's also a group of talented younger players rising through the ranks.

> **I want to become No. 1 in the world.**
> Bianca Andreescu

Two Canadian girls are ranked in the top 10 in juniors — 15-year-old Bianca Andreescu, who is the top seed at Melbourne Park and through to the third round; and 17-year-old Charlotte Robillard-Millette, who was seeded third but lost in the first round.

And last year, Auger Aliassime became the youngest player ever to win a match at the Challenger level on the ATP Tour and the first player born in this millennium to hold an ATP ranking (he's now No. 737 in the world).

"We were known for hosting great tournaments," Sylvain Bruneau, the Canadian Fed Cup captain, said of his country's old tennis reputation. "But we were a poor nation at the elite level and in our representation at Davis Cup, Fed Cup, Grand Slams and stuff like that."

"So we really wanted to change that and put the structure in place," he added. "There was a change in philosophy in how we were going to go about things."

Auger Aliassime, who is six-foot-two and still growing, is one of the products of the new system.

Andreescu lived part-time in her parents' native Romania as a young child before being accepted at the national training centre in Toronto when she was 10. She now works with Nathalie Tauziat, a former French pro who reached the Wimbledon final in 1998.

Robillard-Millette, meanwhile, trains in Montreal under Ralph Platz, who formerly coached Bouchard. A left-handed baseliner with a fiery demeanour on court, she credited the program with giving her everything she needed to develop her game.

For Tennis Canada, the investment could pay off soon because all the young Canadians have big ambitions.

"I want to become No. 1 in the world," Andreescu said, "And win as many Grand Slams as possible." THE ASSOCIATED PRESS

MATCH FIXING

Review of Tennis Integrity Unit due following reports

Responding to reports that possible evidence of match fixing was not properly investigated, tennis' governing bodies are setting up an independent review of the sport's anti-corruption group, a person familiar with the plans tells The Associated Press.

The official word is supposed to come at a news conference on the grounds of the Australian Open on Wednesday.

OLYMPICS

Ex-sailing CEO was told to 'gag myself'

The former CEO of World Sailing says he was fired for pushing to get rid of polluted Guanabara Bay as the sailing venue of the Olympics in Rio de Janeiro.

Peter Sowrey tried to change the venue, or at least have a "B plan" but says "I was told to gag myself on the subject."

Andy Hunt took over just two weeks ago as the new CEO, and sailing is still scheduled to begin in August in the sewage-filled bay.

In interviews with The Associated Press, Sowrey and Hunt said the bay — overlooked by the famous Christ the Redeemer monument and Sugarloaf Mountain behind it — may give sailing the kind of television coverage it seldom enjoys.

It could also bring unwanted attention if sailors fall ill, or if floating rubbish — plastic bags to door frames to animal carcasses — fouls rudders and costs someone an Olympic gold medal. THE ASSOCIATED PRESS

RIO 2016

Sowrey proposed moving the event to Buzios, a coastal resort about 160 kilometres from Rio that has been host to large sailing events.

CAPITAL ONE CUP REDS EDGE TOWARD TROPHY
Liverpool FC players celebrate their penalty shootout win in the Capital One semifinal on Tuesday at Anfield. The Reds will play either Everton or Manchester City in the Feb. 28 final at Wembley Stadium. Everton leads 2-1 heading into the second leg of its semifinal on Wednesday. JON SUPER/THE ASSOCIATED PRESS

NFL

HGH inquiry on Manning weeks old

The NFL says it is conducting a comprehensive review of allegations that Broncos quarterback Peyton Manning had human growth hormone delivered to his house.

There's no timetable to complete the investigation, but it's not expected before Denver plays Carolina in the Super Bowl on Feb. 7.

League spokesman Brian McCarthy says the inquiry, which began weeks ago, involves reviews of records, interviews and co-ordination with other agencies.

Al Jazeera reported last month that an intern at an Indianapolis anti-aging clinic was secretly recorded suggesting that Manning's wife received deliveries of HGH, which is banned by the league. Manning, then with the Colts, was rehabbing from shoulder surgeries.

The intern, Charles Sly, has since recanted his story.

Manning angrily denied using performance-enhancing substances and called the report "complete garbage." THE ASSOCIATED PRESS

Peyton Manning GETTY IMAGES

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RECIPE Basil and Sun-dried Tomato Crusted Salmon

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This intensely flavoured crust takes salmon to show-stopping heights. It's simple to make, but you're going to feel positively chefy putting this on the table.

Ready in
Prep time: 10 minutes
Total time: 25 minutes
Serves 4

Ingredients
- 4 x 5 oz salmon fillets, skin on
- 1 cup chopped sun-dried tomatoes (not packed in oil)
- 3 cloves garlic
- 2 cups basil leaves
- Pinch of salt
- 1/4 cup olive oil

Directions
1. Preheat oven to 350 F.
2. In a food processor, add the sun-dried tomatoes and garlic and process until you have a rough chop. Add the basil, salt and slowly drizzle the oil in as you process until it reaches a rough paste.
3. Lightly oil a rack and place it over a baking tray. Place the salmon skin side down on the rack. Pat the tomato mixture on top of the salmon, forming a thick layer.
4. Place the salmon in the oven on the middle rack of the oven and bake for 15 to 20 minutes (a thick fillet may need more time), or until the salmon separates into flakes.

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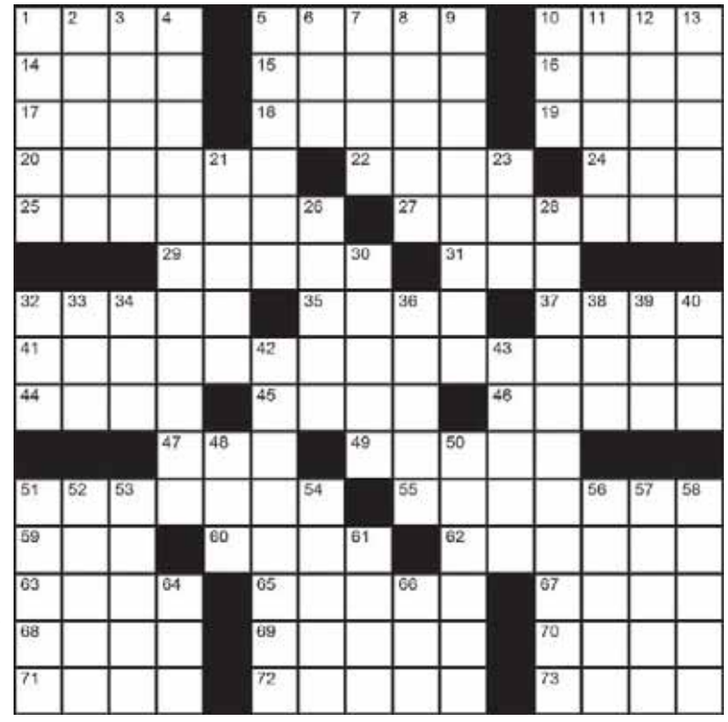
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fleece
5. Fast food restaurant order
10. E-Mail junk
14. Forearm bone
15. Farewell, in France
16. Ti-Cat's foe
17. NASA target in 1969
18. Style of earthenware
19. Lima's locale
20. Quickly rotating star
22. Brain's frontal _
24. Moray _
25. Carpet cleaning machine
27. Like the natural patterns of hardwood flooring
29. Ascends
31. Gremlin
32. Joseph _, 'Father of the Symphony'
35. Crosswords buffalo
37. "Which drive-_ _ you want to go to?" ...asked one retro movie-goer of another
41. Roadside attraction in Varney, Ontario which is the world's largest what?: 2 wds.
44. Classic TV mouse, _ Gigio
45. Make film cuts
46. Array
47. Mil.'s special _
49. Placed cargo onto the ship
51. Bridesmaid dress fabric
55. Brush aside
59. Montreal 'street'
60. Duchess of _ (Subject of Spanish painter Goya)
62. Hinder
63. Norse deity
65. Ancient column style
67. Decline
68. Fermented soybean paste
69. 'N' of TNT
70. Ripened, as cheese
71. Plant containers
72. Choral club songs
73. Longbow woods

DOWN
1. Water collectors in basements
2. Influence
3. Lizard variety
4. Style of building topper seen in historic French architecture, such as in Quebec: 2 wds.
5. Inner circles
6. John Keats specialty
7. Pepper _
8. Obscure
9. 1995 Donald Sutherland movie about a deadly virus
10. Exhaust
11. Primp
12. Harmonize
13. Humid spaces problem
21. _ acid
23. 'Ether' suffix (Airy/delicate)
26. Make 1 + 1 = 2 again
28. Hit for Canadian band Big Sugar that starts "Peace came to me...": 5 wds.
30. _-paced (Slow)
32. Brim locale
33. Flurry
34. Litter cry!
36. Group of eight
38. Grandma
39. Like, hippy-style
40. Iron _
42. Baby bird that hasn't yet left home
43. Toothpaste brand
48. Potpie piece
50. '70s night spots
51. Badly defeat
52. _ recording
53. Singer/songwriter Leslie born in Amherst, Nova Scotia
54. Bring to _ _ (Cookbook instruction)
56. Reflection
57. Brawn
58. Plant origins
61. Payment in poker
64. Un-yeses
66. Dublin's locale, for short

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Try not to get involved in other people's problems today — or they may become your problems too. On this occasion it's better if they learn how to take care of it themselves.

Taurus April 21 - May 21
You've worked long and hard to get where you are now — don't throw it all away by being impulsive. If you let your emotions get the better of you it could damage your credibility.

Gemini May 22 - June 21
The Sun in Aquarius endows you with limitless self-confidence, but you must not take things for granted. It would be easy to fall into the trap of believing that nothing can go wrong — but that's just when it will!

Cancer June 22 - July 23
You are capable of doing more. The right opportunity will come along at just the right moment. Take it easy and take your time and be ready to take your big chance when it arrives.

Leo July 24 - Aug. 23
Things that happened in the past have nothing to do with what is happening today, so stop harking back to "the good old days" and make today special and rewarding.

Virgo Aug. 24 - Sept. 23
Routine matters may bore you but it's important you do a good job on the task you've been assigned. Someone in authority is watching. If they like what they see you could soon be on the way up.

Libra Sept. 24 - Oct. 23
You will get a lot done in a relatively short space of time today. Social and romantic activities loom large over the next few days, so get on top of your work load now and devote the remainder of the week to having fun.

Scorpio Oct. 24 - Nov. 22
Partners and loved ones have been demanding and you are getting tired of having to be there for them 24/7. It won't be long before you can start making a few demands of your own!

Sagittarius Nov. 23 - Dec. 21
You may be somewhat annoyed that friends and loved ones are depending on you to get them out of a fix, but you will do it anyway. Be sure to reward yourself afterwards.

Capricorn Dec. 22 - Jan. 20
You got something wrong. Speak up now there will be no hard feelings and no financial repercussions. However, if you leave it for a day your apologies may not be accepted.

Aquarius Jan. 21 - Feb. 19
If there's an important decision to make then make it now, otherwise it will be taken out of your hands and given to someone who may not be sympathetic to your needs.

Pisces Feb. 20 - March 20
For quite some time you have been fearing the worst but over the next two or three days you will realize that the worst is unlikely to happen — and even if it does it won't be as bad as your imagination led you to believe!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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							9	1

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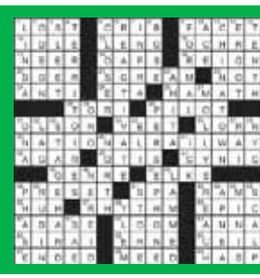

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9	1	2	5	7	4	3	8	6
5	3	4	6	2	8	9	7	1
6	7	8	1	3	9	2	4	5

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